

Girl Guide Cook Book



COMPILED *and* ARRANGED by
the GUIDES of GREATER
VANCOUVER
BRITISH COLUMBIA



RECIPES



COMPILED *and* ARRANGED
by the
GUIDES of GREATER VANCOUVER
of CANADIAN GIRL GUIDES

WHO PRESENT THIS BOOK OF
TESTED RECIPES TO THEIR
MANY FRIENDS



Price Fifty Cents

Proceeds to be Used for Camp Purposes



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MRS. ALAN MORKILL
Provincial Commissioner for British Columbia

THE GUIDE LAW

1. A Guide's honor is to be trusted.
2. A Guide is loyal.
3. A Guide's duty is to be useful and to help others.
4. A Guide is a friend to all, and a sister to every other Guide.
5. A Guide is courteous.
6. A Guide is a friend to animals.
7. A Guide obeys orders.
8. A Guide smiles and sings under all difficulties.
9. A Guide is thrifty.
10. A Guide is pure in thought, in word, and in deed.

THE GUIDE PROMISE

On my Honour, I promise that I will do my best

1. To do my duty to God and the King.
2. To help other people at all times.
3. To obey the Guide Law.

THE BROWNIE PROMISE

I promise to do my best

1. To do my duty to God and the King, and to keep the law by the Brownie Pack.
2. To help other people every day, especially those at home.

AIMS OF THE GIRL GUIDES

The Aim of the Girl Guide Association is to develop good citizenship among girls, by forming their character; to train them in habits of observation, discipline and self-reliance; to inculcate loyalty and thoughtfulness for others; to teach them service useful to the public, and handicrafts useful to themselves; to promote their physical development; and to render them capable of keeping good homes, and of bringing up children in the right way.

The method of training is to give to the girls healthy activities which, while giving them pleasure, will afford them a course of education outside the school, along four principal lines:

Character and intelligence are taught through the Guide Law and Promise, the Patrol system, woodcraft, games, etc.; services for others and citizenship, through daily good turns, organized public service, etc.

The Movement is designed to help parents and teachers in their task of education. It is absolutely non-political, non-class, and non-sectarian.

Their Motto is "Be Prepared," and they are being prepared by their discipline and training to help themselves and other people.



ORIGIN OF THE GUIDE MOVEMENT

The Methods of Scouting were first employed by Sir Robert Baden-Powell in his own regiment the 13th Hussars, in India, as a means of instilling manliness, self-reliance and reliability into young soldiers. During the South African War, a Scouts Corps was organized among the boys at Mafeking for carrying out responsible duties and the system of Patrols was instituted. This origin of the Patrol System has proved to be the corner stone of the whole edifice. Later Sir Robert organized the South African Constabulary on the same lines. In this force the Scout uniform was adopted and the men themselves chose the Motto "Be Prepared" which subsequently became the motto of the Scouts and Guides.

It was first thought that Scouting was too British to appeal to foreign countries but this was a mistake. There are now over one million foreign Scouts out of the total of 1,772,112 in the world.

The Girls soon copied the boys—they demanded their share in the great new game; they formed themselves spontaneously into companies of Girl Scouts, and, as there was absolutely no organization and no direction of any kind, it not unnaturally ensued that their zeal at times outran their discretion; they aroused a good deal of prejudice amongst older people who had not the foresight to see the good there was in this Movement, if only it were properly organized. Eventually, a separate Movement for girls was started by Sir Robert, in conjunction with his

sister, Miss Baden-Powell, and was called "The Girl Guides," so as to make it clear to the public that it was entirely separate from the Boy Scouts.

The name "Guides" was taken from the splendid regiment of that name in India, which is composed of men who are absolutely trustworthy and reliable, and can turn their hand to any kind of work in an emergency.

In 1912, H.R.H. Princess Louise accepted the position of Patroness, and Miss Agnes Baden-Powell was then President.

In 1913 Lone Guides were first started, as the result of a Camp run for Lones in 1912, and Miss Baden-Powell evolved a scheme for Rosebuds, intended for those below Guide age, which was afterwards developed by Miss Dashwood into our present Brownies.

Guides distinguished themselves in War Service of every kind, besides earning a sufficient sum of money to purchase an army hut to be used as a canteen, and a motor ambulance which was presented to the Army by Princes Mary on our behalf.

During this year Sir Robert became Chairman of our Executive, and reorganized the Movement in order to cope with its rapid growth. In 1915 the Organization received from the Government a Charter of Incorporation, which ensured it a recognized standing. The Council was formed under this Charter.

In 1918 Lady Baden-Powell was elected Chief Guide by the vote of the whole fellowship of Guides, and Girl Guiding, written by the founder, made its first appearance.

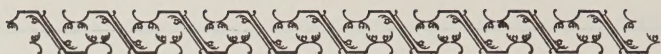
Early in 1920 Princess Mary consented to become our President, Miss A. Baden-Powell resigning in her favor and taking the title of Vice-President. Senior Guides were first mooted this year, to develop later under Miss Bewley into our modern Ranger, with their Sea Guide sisters.

In 1922 Mrs. Archbold presented us with her beautiful country house, Foxlease, to be our Guide Home. Through the generosity of our President, who gave us a most helpful donation from her wedding gifts, we were enabled to accept with the hope of giving the house and grounds the care it required. Foxlease is now called the Princess Mary House in token of our gratitude. The house has been furnished by various countries which have adopted certain rooms, and it has been made a real home to countless numbers of Guides and Guiders from all over the world, by our first "Guide mother"—Miss Alice Behrens.

In 1923 H.M. the King granted a Royal Charter to the Girl Guide Movement.

In 1924 the first Guide World Camp was held at Foxlease. Representatives came from all over the world, and over 30 nationalities were present.

The Movement now numbers over 894,000, and has been taken up in nearly all the countries of the world. The Imperial Headquarters are at 25 Buckingham Palace Road, London, England.



The Beauty of Order



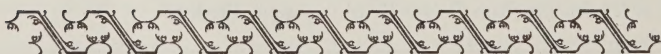
*I am in love with order; shining floors,
Translucent windows; tables where the light
Smiles at itself, whereon old silver lies
Narcissus-like, agaze, it is so bright
Soft fire-gleams calling redly over snow
From low-silled casements, open to the night;
And crisp, fresh linen; brass caught by the sun;
Books set in rows; the blank, unmingled white
Of sheets new-spread and pillows beckoning;
Small things that clothe a house to all delight
And make a home wherein the heart may rest
Such things as are the housewife's ancient right,
Her care and treasure: these do give me joy.*

M. B. PAXTON, in *Woman's Magazine*.



"OUR WORK is our 'talent.' In the big scheme of things it may seem small, but remember that usually it is as big as we are. It is our work, and our opportunity. Remember that it is not so much the things we do as the way in which we do it."

—Daniel Willard.



HOUSEHOLD HINTS

To beat eggs for cake or puddings add a pinch of bicarbonate of soda instead of salt. They froth quicker and also take on a richer colour.

To mix mustard mix with milk instead of water; it will not discolour so quickly.

To scrape new potatoes soak them for a few minutes in salted water. The skins will then come off easily.

To remove smell of onions wash the knife in cold water—not hot or warm.

When making mint sauce, sprinkle sugar over mint and you will chop it in half the time.

A lump of sugar put in the teapot will prevent tea staining damask, however fine, over which it may be spilled.

TABLE OF WEIGHTS AND MEASURES

3 teaspoons	1 tablespoon
16 tablespoons	1 cup
2 cups	1 pint
4 cups	1 quart
2 tablespoons butter	1 ounce
2 cups butter	1 pound
3½ tablespoons flour	1 ounce
3½ cups flour	1 pound
2 tablespoons granulated sugar	1 ounce
2 tablespoons fruit sugar	1 ounce
3 tablespoons brown sugar	1 ounce
2 cups granulated sugar	1 pound
2 cups fruit sugar	1 pound
2¾ cups icing sugar	1 pound
3¼ cups brown sugar	1 pound
2½ cups cornmeal	1 pound
4½ cups ground coffee	1 pound
1¾ cups rice	1 pound
4¾ cups tea	1 pound
3½ cups cocoa	1 pound
2 cups chopped meat	1 pound
4 cups grated cheese	1 pound
8 or 9 eggs	1 pound
1 egg	About 2 tablespoons
1 square chocolate	1 ounce
4 tablespoons grated chocolate	1 ounce
4 tablespoons granulated gelatine	1 ounce

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BEVERAGES

WHAT IS A BEVERAGE?

A beverage is any drink. Water is the beverage provided for man by Nature. Water is an essential to life. All beverages contain a large percentage of water, therefore, their uses should be considered:—

1. To quench thirst.
2. To introduce water into the circulatory system.
3. To regulate body temperature.
4. To assist in carrying off waste.
5. To nourish.
6. To stimulate the nervous system and various organs.
7. For medical purposes.

Freshly boiled water should be used for making hot beverages; freshly drawn water for making cold beverages.

TEA

Tea is made from the leaves of the "Thea" shrub. The best tea is made from the young, whole leaves of the first picking.

Black Tea is made from the leaves which have been allowed to ferment before cutting, and contains less Theine and Tannin than Green tea. Tannic acid is developed from the tannin which injures the coating of the stomach. The best comes from India and Ceylon.

Green Tea is made from unfermented leaves artificially coloured. The best green tea comes from Japan.

Freshly boiled water should be used in making tea. *Boiled*, as the boiling temperature extracts the stimulating property Theine. *Freshly Boiled*, because long cooking renders it flat and insipid to taste on account of the escape of its atmospheric gases.

Tea may be served with cream and sugar, with lemon and sugar, or with whole cloves.

TEA

1 teaspoon Tea for each Cup.

1 teaspoon Tea for the Pot.

Scald the teapot, put in the tea, and pour the boiling water over it. Steep 2 to 3 minutes, and serve immediately. Avoid second steeping of leaves, as it extracts so large an amount of tannin that various ills are apt to follow.

ICED TEA

Follow recipe for making tea, strain off leaves, and chill quickly. When time to serve, pour into glasses filled 1/3 full of cracked ice. Sweeten to taste, and allow one slice lemon to each glass of tea. If mint flavor is desired, pour hot tea over 6 crushed mint leaves before chilling.

Guiding fills a girl's spare time and employs her restless energy. In a healthy company she learns to work hard and play straight.

COFFEE

Coffee is the seed of the berries of the "Coffee Tree" which is a native of Abyssinia, but is now grown in all tropical countries. Brazil produces about two-thirds of the coffee used, while the Java Coffee is considered the finest. Coffee is washed, dried by steam heat, and then roasted before it is ready for use.

It has been proved that Boiled Coffee produces sleeplessness, due to the Caffeine quality which is extracted at this point, and which is not extracted if the coffee is not Boiled or Percolated.

STEEPED COFFEE

1 tablespoon Coffee for each Cup.

1 tablespoon Coffee for the Pot.

Scald coffee pot with boiling water, put in the coffee, and pour the boiling water over it. Let stand on the back of the stove 5 to 10 minutes, but do not let it boil. Serve at once.

DEMI-TASSE OR CAFE NOIR

Follow the above method for making coffee, but use twice the amount of coffee to half the quantity of water. Do not steep more than 5 minutes. Serve clear in after-dinner coffee cups, with or without sugar.

COCOA

Cocoa is made from the seed of the Cacao Tree, which is grown chiefly in Mexico, South America and the West Indies. The cocoa beans are dried and roasted before ready to be ground. After being roasted, the outer covering is removed, which is known as "Cocoa Shells." The beans are broken and sold as Cocoa Nibs. Cocoa preparations are made from the Cocoa nibs from which a large amount of the fat is expressed by means of hydraulic pressure, leaving it in a solid cake, which is, in turn pulverized, mixed with sugar, and corn-starch or arrowroot. Chocolate is made also from the cocoa nibs, but the fat properties are left in, and are compressed into cakes.

BREAKFAST COCOA

1½ tablespoons cocoa.

2 cups milk.

2 tablespoons sugar.

2 cups boiling water.

Few grains salt.

Scald the milk. Mix cocoa, sugar and salt, and dissolve by adding ½ cup boiling water. Add remaining water and boil for five minutes; turn into scalded milk and beat two minutes with dover egg beater. This is to prevent a scum forming on the surface.

TEA PUNCH

1 quart strong tea.

1 bottle ginger ale.

6 slices lemon.

2 lemons, juice only.

2 oranges, juice only.

Few pineapple cubes.

Sugar to taste.

Mix well, pour over ice cubes and serve in glasses.

A Guide must know how to strip and make a bed properly and clean out a room.

BOTTLED GRAPE JUICE

Place in scalded quart jar, 1 heaping cup of washed, stemmed grapes, 1 level cup of granulated sugar. Fill up with boiling water and seal tight. Do not use for at least one month. This will keep indefinitely, and is delicious served in itself, or in a fruit punch.

RASPBERRY VINEGAR

Cover raspberries with vinegar. Let stand 24 hours, scald and strain. Cover again with vinegar, let stand another 24 hours, scald and strain. To 1 pint of juice, add 1 pound sugar, and boil 20 minutes. Bottle. The flavour is improved if 1 box of red currants is used to every 5 boxes of berries.

QUICK COCOA

¼ teaspoon cocoa. 1 cup boiling water.
1 dessertspoon condensed milk.

Mix the cocoa and condensed milk in a pitcher in the above proportions. When in a smooth paste, add the boiling water, stir until dissolved, and serve. The paste may be made before hand, and have it ready to serve, as soon as kettle boils.

HOT CHOCOLATE

2 ounces sweetened chocolate. Few grains salt.
4 cups milk. Whipped cream.

Scald milk, add chocolate, and stir until chocolate is melted. Bring to boiling point, whip to a froth with dover beater, and serve in chocolate cups with a spoonful of whipped cream on top.

BEEF TEA

1 pound of lean beef. Salt.

Cut beef in small pieces. Put into a glass jar without a drop of water, cover tightly and set in pot of cold water. Heat gradually to a boil, and simmer continually for two or three hours—until meat is like white rag and all juice is drawn out. When cold skim. Season with salt.

BOSTON CREAM

1 pint of boiling water. 1 ounce of tartaric acid.
½ pound of sugar. White of one egg.
1 lemon.

Pour boiling water on sugar, add juice of lemon and leave until cold. Add tartaric acid and white of egg well beaten. Bottle. One teaspoonful of the above and pinch of carbonate of soda to a tumbler of water makes a delicious drink.

LEMONADE

3 large lemons. 6 breakfast cups cold water.
3 lbs. white sugar. 1 oz. citric acid.

Pare the lemons very thinly and put parings in a pan with the water and boil for ¼ hour. Add juice of lemons and boil another ¼ hour with the lid on. Strain, and boil gently with sugar and acid for 5 minutes. Cool and bottle.—Miss Aline S. Williams, Victoria, B. C.

Brownies give a girl character. 8 to 12 is the time when a girl is most impressionable and good habits are thus easily formed.

FRUIT PUNCH (To Serve 50)

- | | |
|--------------------------|-------------------------------------|
| 1 cup water. | 1 cup raspberry syrup. |
| 1 cup sugar. | 1 cup lemon juice. |
| 1 cup strong green tea. | 2 cups orange juice. |
| 1 quart carbonated lime. | 2 cups unsweetened pineapple juice. |
| 2 cups strawberry syrup. | Iced water. |

Method: Boil sugar and water 5 minutes. Add tea, fruit syrups, lemon, orange and pineapple juices. Measure and let stand 30 minutes. Add enough iced water to make $1\frac{1}{2}$ gallons liquid. Add carbonated lime. Pour over a large piece of ice or a quantity of ice cubes in a punch bowl.

—Elizabeth M. G. Gumley.

GRAPE JUICE DINNER WINE

- | | |
|-----------------------|----------------------------------|
| 14 quarts cold water. | 1 Fleischmann's yeast cake. |
| 10 lbs. white sugar. | 2-pint bottle extract of malt. |
| 6 oranges (juice). | 2 quarts of Welch's grape juice. |

Dissolve yeast cake in warm water, and mix with sugar, orange juice, malt and water. Cover with cheese cloth and allow to stand 6 days. Strain through cloth and add Welch's grape juice. Put in barrel or keg. Leave the cork out for one month, then seal tightly for two months before using.

—Mrs. H. D. Young.

JIM JAM

- | | |
|------------------------------|--------------------------|
| 1 quart currant juice. | 2 oranges. |
| 1 quart red raspberry juice. | 5 lbs. granulated sugar. |
| 1 lb. raisins (stoned). | |

Cut rind of orange into fine pieces. Use whole of the orange. Cook $\frac{3}{4}$ of an hour. It takes $4\frac{1}{2}$ quarts of raspberries for 1 quart of juice and 4 quarts of currants for 1 quart of juice.—Miss Emma Thompson.

HOME VINEGAR

- | | |
|---------------------|-----------------|
| 3 gallons water. | 2 slices bread. |
| 3 lbs. brown sugar. | 4 cakes yeast. |

Spread yeast on bread and put yeast side down on mixture. Cover with cheese cloth and let stand for six weeks in a cool room. Strain and bottle.

—Miss Emma Thompson.

DANDELION WINE

Three quarts blossoms covered with 2 quarts boiling water. Let stand overnight. Strain (flannel is better than cotton). Add $2\frac{1}{2}$ lbs. sugar and juice of 3 lemons and keep lukewarm for 3 weeks lifting off scum daily. Strain and bottle hot. Do not cork. Keep cool three weeks. Then strain again, re-bottle and cork. When first bottled, put paper corks in to keep dust out. Don't drink for a month. The longer it stands the better it is.

—Mrs. Baker.

Guiding is not a military movement. Most of the training is done by games, stories and hikes.

PUNCH

Sufficient for 300 persons. Equal 12 gallons.

To 1 pint of "Punch Preparation," add 6 pints of water or ginger ale or mixture.

To the 12 gallons add the juice of: 2 dozen oranges, 1 dozen lemons, 2 large tins pineapple.—*Mrs. Dallas Perry.*

GINGER WINE

Chop 3 lbs. raisins and put them in a pan. Boil together 3 gallons water, 3 ozs. bruised unbleached ginger, 7 lbs. of granulated sugar and rinds of 3 lemons for $\frac{1}{2}$ hour. Pour over raisins, add juice of lemons and $1\frac{1}{2}$ table-spoonfuls yeast. Stir every day for 2 weeks, then add $\frac{1}{4}$ oz. isinglass. Strain and put in stone jar or bottle.

If desired, $\frac{3}{4}$ pint of brandy may be added.

—*Mrs. A. K. Mayne, Burnaby, B.C.*

Bread, Biscuits and Muffins

OATMEAL BROWN BREAD

2 cups of oatmeal porridge, let cool, add $\frac{1}{2}$ cup molasses. $\frac{1}{2}$ cup brown sugar. 1 yeast cake (which has been dissolved in 1 cup of warm water). 1 dessertspoon of salt. 1 tablespoon lard. Mix stiff with 2 sifters of white flour. Let rise until morning, put in pans and let rise until double the size. Bake about 1 hour.—*Mrs. J. M. Thompson, Kelowna, B.C.*

ORANGE BREAD

2 oranges cut up and put through mincer. 1 cup hot water. Boil 15 minutes. Add: 1 cup sugar, $\frac{1}{2}$ cup hot water. Boil all 15 minutes. When cool add: 1 cup milk, 1 beaten egg, 3 cups bread flour, 3 heaping teaspoonfuls baking powder, 1 teaspoonful salt. Mix well and bake in moderate oven 40 minutes.—*Mrs. Elsie Frost.*

RICE PAN CAKES

Beat 1 egg in bowl till light. Add: 1 cup well cooked rice, 1 cup sour milk, 1 teaspoonful shortening. Measure and sift: 1 tablespoonful sugar, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{2}$ teaspoonful soda, 1 cup pastry flour. To make like cake batter, add to first mixture, combine thoroughly.

—*Bessie Grant Bingay, Trail, B.C.*

LUNCHEON CRACKERS

Nice to serve with dessert or afternoon tea. Take round unsweetened cracker, place marshmallow on top, flatten it down, place glazed cherry in centre, slightly brown in oven for a few minutes.—*Mrs. James Leslie.*

Brownies give a girl opportunities of service. She learns to be on the lookout to help anyone and everyone.

BREAD

Quick Dough Method

$\frac{1}{2}$ cup milk.	1 teaspoon salt.
$\frac{3}{4}$ cup water.	1 teaspoon sugar.
1 cake compressed yeast.	1 teaspoon lard or butter.
Flour (bread).	

Put sugar and yeast into small bowl and add $\frac{1}{4}$ cup warm water (85° F.). Mix until the whole is smooth, and the sugar is dissolved, and let stand in a temperature of 80° F. for 15 to 20 minutes to begin fermenting. Scald the milk. Measure the salt and shortening into the kneading pan, and pour in the scalded milk. Add the remaining $\frac{1}{2}$ cup warm water, and bring the temperature to about 90° F. Heat the flour in warming oven to about the same temperature, and mix in enough to make a batter that will beat without spattering. Add the yeast mixture which should now be fermenting vigorously, and beat with a wooden spoon until it looks smooth and elastic. Mix in at once, enough warmed flour to make a dough that will not stick to the fingers. Turn out on the moulding board, and knead. Then return to a warm greased bread pan, cover closely, and stand in a temperature of 85° F. until risen to rather more than double in volume. This will take from 2 to 3 hours. Bake.

PARKER HOUSE ROLLS

2 cups scalded milk.	2 teaspoons salt.
3 tablespoons butter.	1 cake compressed yeast.
2 tablespoons sugar.	$\frac{1}{4}$ cup lukewarm water.
Bread flour.	

Mix butter, sugar, salt and milk, and when lukewarm, add the yeast dissolved in the warm water, and three cups of flour. Beat thoroughly, and cover. Let rise till light; cut down, and add enough flour to knead (about $2\frac{1}{2}$ cups). Let rise again, toss on slightly floured board, knead, pat, and roll out to one-third inch thickness. Shape with biscuit-cutter, first dipped in flour. Dip the handle of a case knife in flour, and with it make a crease through the middle of each piece; brush over one-half of each piece with melted butter, and press edges together. Place in greased pan, one inch apart, cover, let rise, and bake in hot oven twelve to fifteen minutes. As rolls rise, they will part slightly, and if hastened in rising are apt to lose their shape.

ENGLISH BUN

2 cakes Fleischmann's yeast.	$\frac{1}{2}$ teaspoon salt.
1 tablespoon sugar.	1 cup chopped almonds.
4 eggs.	$\frac{1}{2}$ cup scalded milk.
$\frac{1}{2}$ cup melted butter.	4 cups sifted bread flour.
5 tablespoons sugar.	

Dissolve the yeast and sugar in lukewarm milk. Add butter and unbeaten eggs. Add the flour gradually and the salt, beating thoroughly. This mixture should be thick, but not stiff enough to handle. Cover and let rise in warm place until light ($1\frac{1}{2}$ hours). Sprinkle the balance of the sugar and the almonds over the top. Mix lightly and drop into greased muffin tins. Cover and let rise until light ($\frac{1}{2}$ hour), then bake in a moderate oven 15 to 20 minutes.

There are over 894,000 Guides in the world and not one of them were forced to join or to stay. If you are a girl between the age of eight and eighty who wishes to join, get in touch with the nearest company.

HOT CROSS BUNS

- | | |
|---------------------------------------|-----------------------------------|
| 1 cup scalded milk. | $\frac{3}{4}$ teaspoons cinnamon. |
| $\frac{1}{4}$ cup sugar. | 3 cups flour. |
| 2 tablespoons butter. | 1 egg. |
| $\frac{1}{2}$ teaspoon salt. | $\frac{1}{4}$ cup raisins or |
| $\frac{1}{2}$ cake yeast dissolved in | $\frac{1}{4}$ cup currants. |
| $\frac{1}{4}$ cup lukewarm water. | |

Add butter, sugar, and salt to milk; when lukewarm, add dissolved yeast cake, cinnamon, flour, and egg well beaten; when thoroughly mixed, add raisins, cover, and let rise over night. In morning, shape in forms of large biscuits, place in pan one inch apart, let rise, brush over with beaten egg, and bake twenty minutes; cool, and with ornamental frosting make a cross on top of each bun.

RICE MUFFINS

- | | |
|------------------------------------|------------------------------|
| $2\frac{1}{4}$ cups flour. | 1 cup milk. |
| $\frac{3}{4}$ cup hot cooked rice. | 2 tablespoons melted butter. |
| 5 teaspoons baking powder. | 1 egg. |
| 2 tablespoons sugar. | $\frac{1}{2}$ teaspoon salt. |

Mix and sift flour, sugar, salt and baking powder; add one-half milk, egg well beaten, the remainder of the milk mixed with rice, and beat thoroughly; then add butter. Bake in buttered muffin rings placed in buttered pan or buttered gem pans.

BREAKFAST PUFFS

- | | |
|-------------------------|--------------------------|
| 1 cup flour. | $\frac{1}{2}$ cup water. |
| $\frac{1}{2}$ cup milk. | |

Mix milk and water; add gradually to flour, and beat with egg beater until very light. Turn into hissing hot buttered iron gem pans, and bake thirty to thirty-five minutes in hot oven. They may be baked in buttered earthen cups, when the bottoms will have a glazed appearance.

POP-OVERS

- | | |
|-------------|---------------------------------|
| 1 cup milk. | $\frac{1}{2}$ cup sifted flour. |
| 1 egg. | 1 teaspoon salt. |

Butter and heat pans before putting in oven. Bake about 15 to 20 minutes. Do not open oven too often.—*Mrs. Genge, Victoria, B. C.*

GRAHAM POP-OVERS

- | | |
|---------------------------------------|---------------------------------------|
| $\frac{2}{3}$ cup entire wheat flour. | $\frac{7}{8}$ cup milk. |
| $\frac{1}{3}$ cup flour. | 1 egg. |
| $\frac{1}{4}$ teaspoon salt. | $\frac{1}{2}$ teaspoon melted butter. |

Prepare and bake same as Pop-overs.

Why not offer yourself as a help in the great sisterhood of Girl Guides? We need every helper we can get, and once you've started you won't want to stop.

GRAHAM FRUIT LOAF

- | | |
|------------------------|-----------------------|
| 1 egg. | 1 cup white flour. |
| 1 cup brown sugar. | 1½ cups graham flour. |
| 1 cup milk. | 1 teaspoon soda. |
| 1 cup shelled walnuts. | ½ cup butter. |
| 1 cup chopped dates. | |

Mix as for a cake, adding walnuts and dates before adding the flour. This may be baked in baking powder tins, filled not more than three-quarters full. Bake in slow oven.

RAISIN ROLLS

- | | |
|-------------------------|----------------------------|
| 1 egg. | ¼ cup broken walnuts. |
| ½ cup sugar. | 2¾ cups flour. |
| ½ teaspoon salt. | 3 teaspoons baking powder. |
| 1 cup seedless raisins. | 1 cup milk. |

Mix as for ordinary cake, and bake in covered baking powder tins. This amount makes 3 tins.

LUNCHEON MUFFINS

- | | |
|------------------------------|----------------------------|
| 2 eggs. | 2 cups flour. |
| 2 tablespoons sugar. | 2 teaspoons baking powder. |
| 3 tablespoons melted butter. | Pinch of salt. |
| 1 cup sweet milk. | |

Cream sugar and butter, add well beaten eggs, then the milk. Beat in the flour, mixed and sifted with baking powder and salt, and bake in muffin tins for 15 to 20 minutes in a moderate oven.

ROLLS

- | | |
|--------------------------|----------------------------|
| 1 pint milk. | ¼ cup sugar. |
| 1 egg. | 1 cake Fleischman's yeast. |
| 1½ teaspoons shortening. | ½ cup warm water. |
| 1 teaspoon salt. | Bread flour. |

Scald the milk, and when cool, add the well beaten egg, shortening, salt and sugar. Dissolve the yeast cake in the warm water and add to first mixture. Add enough sifted bread flour to make it the consistency of a cake batter. Let rise in warm place 2 to 3 hours, or until it has doubled its size. Add enough flour to make it a stiff dough, and knead. Let rise double again, roll out and make into rolls of desired shape and size. Let rise and bake in greased pan in hot oven for 10 to 15 minutes.

Note—For cinnamon rolls, spread with a mixture of butter, cinnamon and brown sugar before baking.

POTATO FAIRY CAKES

- | | |
|----------------------------|-------------------|
| 1 cake Fleischman's yeast. | 4 eggs. |
| 1 cup mashed potatoes. | 1 cup shortening. |
| 1 cup sugar. | Bread flour. |
| ½ teaspoon salt. | |

At night dissolve the yeast cake in 1 cup warm water. Add the mashed potatoes and sugar, and let stand in warm place overnight. In the morning, beat the eggs well, soften the shortening, and add these plus the salt to the yeast mixture. Mix into a soft biscuit dough with the flour, and roll ½-inch thick. Cut and place 1 inch apart on buttered baking sheet; let stand until they rise—about 2 hours—and bake in a hot oven for 10 minutes.

Note—When these cakes have been cut and placed on pans, if put in the ice box or some other cold place, will keep a day or two. Place in a warm place about 2 hours before they are needed, then bake as above. Delicious served with salad course.

The average girl is going to take advice, and many examples of habit and principles from older girls outside her own family. The Guider gives advice in the form of an older sister.

CAKES and SMALL CAKES

SULTANA CAKE

- | | |
|------------------------------|------------------------------|
| $\frac{1}{2}$ pound butter. | $\frac{1}{4}$ pound of peel. |
| $\frac{1}{2}$ pound sugar. | 5 eggs. |
| 4 cups of flour. | 2 teaspoons baking powder. |
| 1 pound sultanas. | $\frac{1}{2}$ cup of milk. |
| $\frac{1}{4}$ pound almonds. | |

Method. Cream butter and sugar together, add beaten eggs and milk, then flour sifted with baking powder. Add sultanas, peel and almonds. Bake in moderate oven one hour. This cake keeps well.—*Mrs. S. Minter.*

JAM BUNS

- | | |
|-------------------------------|-------------------------------|
| 2 cups flour. | 2 teaspoonfuls baking powder. |
| 3 tablespoonfuls shortening. | 1 teaspoonful vanilla. |
| 2 tablespoonfuls white sugar. | $\frac{1}{2}$ cup milk. |

Roll out pastry quite thin—cut in squares—line patty tins. Add teaspoon of jam and fold corners towards centre. Bake in quick oven.

—*Mrs. P. J. Johnston, Nanaimo, B. C.*

MARSHMALLOW ICING

- | | |
|--------------------------------|---------------------|
| 2 cups white sugar. | Whites of 2 eggs. |
| $\frac{3}{4}$ cup hot water. | 1 cup marshmallows. |
| 1 tablespoon white corn syrup. | |

Put sugar, water and corn syrup on to boil and be sure not to stir. Beat whites of eggs stiff. Then beat in two tablespoons of boiling sugar. When still a light syrup return sugar to stove and continue boiling until it threads, then beat into eggs. When mixture is about luke warm add marshmallows that have had all powdered sugar dusted or washed off before cutting. Continue beating until right consistency to spread.—*Mrs. M. A. Marley.*

CHEESE MOONS

- | | |
|---------------------------|--|
| 2 cups flour. | $1\frac{1}{2}$ packages McLaren's Cream Cheese |
| $\frac{1}{3}$ cup butter. | Cold water. |
| $\frac{1}{2}$ cup lard. | Crab apple jelly. |

Mix all ingredients, with the exception of the jelly, the same as you would pie crust. Roll out and cut with round cookie cutter. Drop one teaspoon jelly on each cookie and turn one half over the other. Put in a pan and place in refrigerator for $\frac{1}{2}$ hour. Cook in a hot oven 7 or 8 minutes. The secret of these cookies is the hot oven.—*Mrs. T. H. Lennie.*

PARKINS

- | | |
|------------------------------|---------------------------------------|
| $\frac{1}{2}$ pound oatmeal. | 3 teaspoons cinnamon. |
| $\frac{1}{2}$ pound flour. | 3 teaspoons ginger. |
| 6 ozs. syrup. | 2 small packets mixed spice. |
| $\frac{1}{4}$ pound lard. | $1\frac{1}{2}$ teaspoons baking soda. |
| $\frac{1}{4}$ pound sugar. | 1 egg. |

Mix all the dry ingredients and rub lard into meal, flour, etc. Melt sugar and syrup together and pour over dry ingredients, and mix with egg beaten up. Take up in pieces and roll into balls with dry oatmeal, and bake till a nice brown.—*Mrs. Collins.*

"On my Honour" is the corner-stone of Guiding, and 90% of the girls try their best to live up to it.

CREAM PUFFS

1/2 cup butter.
1 cup boiling water.

4 eggs.
1 cup flour.

Put butter and water in saucepan and heat. As soon as boiling point is reached, add flour all at once and stir vigorously. Remove from fire as soon as mixed, and add unbeaten eggs, one at a time, beating until thoroughly mixed, between the addition of eggs. Drop by spoonfuls on a buttered sheet 2 inches apart—make them circular and piled high in centres. Bake thirty minutes in a hot oven (450 degrees). When cold, fill with boiled cream filling or flavoured and sweetened whipped cream. Tiny puffs filled with chicken salad and served hot are nice with tea.—*Mrs. J. G. A. Hutcheson.*

PARKIN BISCUIT

1/2 pound oatmeal.
1/4 pound flour.
1/4 pound margarine.
1/4 pound treacle.

1/4 pound sugar.
1/2 teaspoon salt.
1/2 teaspoon almond extract.
1 teaspoon baking soda.

Add buttermilk to make stiff paste.—*Mrs. S. Ralston.*

PANCAKES

2 cups flour.
2 dessertspoons sugar.
2 eggs.

1 teaspoon baking powder.
Pinch baking soda.
Pinch cream tartar.

Buttermilk to make a batter. Fry on a hot griddle.—*Mrs. S. Ralston.*

LEMON CURD

2 lemons.
1/4 cup butter.

3 eggs.
3/4 cup sugar.

Put butter, sugar, grated rind of 1 lemon, juice of 2 lemons, well beaten eggs in a double boiler. Stir constantly till mixture begins to thicken, and remove from heat immediately.—*Mrs. C. W. Murray.*

SCOTCH OATCAKES

2 1/2 cups fine oatmeal.
1/2 cup white flour.
1 heaping tablespoon of brown sugar.
2 rounded tablespoons of Crisco or

other shortening.
1/2 teaspoon salt.
1/4 teaspoon soda.

Rub shortening into dry ingredients till smooth, then mix with boiling water, like pastry. *Don't have it too wet.* Roll out thin and cut like scones with a knife.—*Mrs. A. Davis.*

GRAHAM DELIGHT

8 graham crackers.
1 cup brown sugar.
1 1/2 pints scalded milk.

2 eggs (well beaten).
1 teaspoon vanilla.

Break crackers into a bowl. Caramelize sugar and add to milk. Pour over crackers, add eggs and vanilla. Bake till firm.—(*Miss*) *Winnie Loat.*

Through the Guide Law the selfish girl learns thoughtfulness for others, the wealthy girl and the poor girl discover their common ground and worth. The disrespectful girl learns respect and courteousness, and the city girl acquires the real knowledge of nature lore with all its benefits and healthiness of mind.

IRISH TEA-CAKE

2 ozs. butter.	$\frac{1}{4}$ teaspoon baking soda.
2 ozs. sugar.	$\frac{1}{2}$ teaspoon cream of tartar.
4 ozs. flour.	2 tablespoons milk.
1 egg.	Rind of lemon grated or vanilla.

Beat butter and sugar. Add eggs and beat. Add milk, soda, cream of tartar and rind and lastly flour. Bake 20 minutes in hot oven. Slice open, butter well and serve hot.—*Mrs. Baker.*

GRAHAM MELLOWS

Whip well with Dover beater	$\frac{1}{2}$ cup Eagle Brand milk.
1 pound marshmallows, cut fine.	$\frac{1}{2}$ cup chopped walnuts.
$\frac{1}{4}$ cup boiling water, then add	$\frac{1}{2}$ cup chopped dates or cherries.

Make balls of above mixture by dropping it, a teaspoonful at a time, into a bowl containing $2\frac{1}{2}$ graham wafers which have been rolled into fine crumbs. Set balls in ice box to chill—then serve.—*Mrs. C. E. Tran.*

FRUIT BALLS

$\frac{3}{4}$ cup white sugar.	1 cup chopped dates.
1 tablespoon butter.	1 cup chopped walnuts.
1 teaspoon vanilla.	

Cream butter and sugar, add eggs, whites and yolks beaten together, vanilla, dates and walnuts. Form mixture into balls by dropping a teaspoonful at a time into cocoanut. Bake 10 to 15 minutes.—*Mrs. T. P. Lake.*

MACAROON CAKE

$\frac{1}{2}$ cup butter.	1 cup pastry flour.
$\frac{1}{2}$ cup sugar.	1 teaspoon baking powder.
2 eggs.	Pinch salt.
2 tablespoons milk.	

Mix cake batter with egg yolks and spread in tin. Beat egg whites very stiff, add gradually $\frac{1}{2}$ cup sugar and one cup cocoanut. Spread on top of cake and bake in moderate oven.—*Mrs. Francis J. Milne.*

TARTS

2 eggs.	1 cup brown sugar.
1 generous tablespoon butter.	Flavouring.

Drop in tarts and bake slow oven. Currants or chopped nuts may be added if desired.—*Mrs. Norman Musgrave.*

SOUR MILK CHOCOLATE CAKE

2 cups white sugar.	$\frac{1}{2}$ cup sour milk.
$\frac{1}{2}$ cup butter.	Pinch salt.
2 eggs.	2 scant cups flour.

Dissolve 1 cake Baker's unsweetened chocolate in 1 cup boiling water, in which has been dissolved 1 teaspoon baking soda, and add last.

—*Mrs. H. McCulloch.*

Guiding is strictly non-sectarian. However, a large percentage of the Guide Companies are connected with churches of all denominations.

OATMEAL COOKIES

- | | |
|---------------------|---------------------------------------|
| 4 cups rolled oats. | 1/2 teaspoon baking soda dissolved in |
| 1 cup flour. | 3 tablespoons sour milk. |
| 1 cup brown sugar. | 1/2 teaspoon salt. |

Mix oats, flour, sugar and salt and then mix in butter, melted if desired, then soda and sour milk and bake in moderate oven.—*Mrs. R. W. Brock.*

YORKSHIRE PARKIN

- | | |
|-----------------------|------------------------------|
| 4 ozs. flour. | 2 ozs. lard. |
| 14 ozs. oatmeal. | 1 teaspoon ginger. |
| 1 pound golden syrup. | 1/2 teaspoon carbonate soda. |

Rub the shortening into the flour, ginger and soda and oatmeal, then add the treacle. Bake from 30 to 40 minutes. This cake is better after keeping 3 or 4 days.—*Mrs. David Hall, Vancouver, B.C.*

SWEDISH COOKIES

- | | |
|--------------------|--------------------------------|
| 1/2 pound butter. | 3 tablespoons chopped almonds. |
| 1 small cup sugar. | 1 pinch baking powder. |
| 1 egg. | Flour to stiffen. |

Roll and bake.—*Miss Emma Thompson.*

SOFT GINGER CAKE

- | | |
|----------------------|-------------------------------------|
| 1/2 cup Crisco. | 1 teaspoon cinnamon. |
| 1/2 cup brown sugar. | Pinch of salt. |
| 1 egg. | 2 level teaspoons baking soda, dis- |
| 1 cup molasses. | solved in 1 cup of boiling water. |
| 1 teaspoon ginger. | |

Beat butter, sugar, add egg, then spices and molasses, salt and flour, soda and hot water last. Bake in moderate oven for 35 minutes.

—*Mrs. A. P. Smith, Victoria, B. C.*

ALMOND PASTE (for above)

- | | |
|------------------------------|--------------|
| 1 1/2 pounds ground almonds. | 3 or 4 eggs. |
| 1 1/2 pounds castor sugar. | |

Mix all thoroughly together, and knead well until the sugar dissolves and forms the paste. Roll the almond paste in balls and place round the loaf about 1/2 hour before the cake is done. Dust with castor sugar and allow to brown gently. Then fill the centre with glace fruits and French almonds. It is sometimes preferred to place half the almond mixture in the centre of the cake (that is to fill your pan half full of the cake mixture and then a layer of almond paste and then the remaining part of the mixture). Bake as before stated. This quantity makes a large cake.—*Mrs. David Hall.*

LIGHT FRUIT CAKE

- | | |
|----------------------|--|
| 3 cups of flour. | 1 teaspoon baking powder. |
| 4 eggs. | 1/2 pound of butter. |
| 1 1/2 cups of sugar. | 2 cups of fruit, raisins and currants. |

Milk to mix into a stiff paste. Put in a hot oven at first and bake 2 1/2 hours.—*Mrs. Geo. Hawksworth.*

Girl Guiding has a double meaning. To some it means to have fun in playing the games of the Girl Guides and to others, the fun of "playing the game" of Guiding Girls.

A ROYAL RECIPE

This is an original recipe from Goldsborough Hall and was made for Princess Elizabeth's birthday. Empire products were used.

10 ozs. flour.
8 ozs. sugar.
8 ozs. butter.
6 eggs.
12 ozs. currants.

8 ozs. sultanas.
2 oz. seedless raisins.
6 oz. mixed peel.
2 ozs. ground almonds.
The rind and juice of half an orange.

Beat sugar and butter to a cream, add egg and flour alternately, and beat well after each addition. Add fruit, mix well, then add remainder of flour and orange juice and almonds. Put into lined tin, make a hollow in centre of mixture to allow of rising evenly. Bake in a slow oven for about four hours.

The eldest daughter of the Duchess of York required a much bigger cake, but these quantities meet the requirements of the ordinary household.

—Mrs. David Hall, Vancouver, B.C.

(Copied from a Yorkshire paper.)

FRUIT BALLS

2 tablespoons flour.
 $\frac{1}{2}$ teaspoon baking powder.
1 cup chopped dates.
1 cup chopped nuts.

2 eggs beaten light.
2 tablespoons melted butter.
1 cup melted sugar.

Sift baking powder and flour together and use to coat the chopped and well mixed dates and nuts. Cream butter and sugar together and add to them the well beaten eggs. Combine the two mixtures and bake in a moderate oven 15 to 20 minutes. Shape in small balls with the hands, roll in icing sugar.

—Mrs. W. Palmer.

GINGER CAKE (Very special)

$1\frac{1}{2}$ pounds butter.
1 pound white sugar.
1 pound flour.

9 eggs.
 $\frac{1}{2}$ teaspoon baking soda.
1 pound crystalized ginger.

Cream butter. Add sugar cream. Add flour a little at a time until finished. Then add soda dissolved in a little warm water. Flour ginger well and add. Bake $1\frac{1}{2}$ hours in moderate oven about 325 for first hour and then increase to 350 to finish.—Miss Jean Mollison.

SOUR MILK CAKE

1 cup sugar.
2 eggs.
 $\frac{3}{4}$ cup sour milk.
Grated rind of 1 lemon.
2 tablespoons butter.

$1\frac{1}{2}$ cups flour.
 $\frac{1}{4}$ teaspoon soda.
Pinch of salt.
1 teaspoonful baking powder.
 $\frac{1}{2}$ teaspoonful vanilla.

Mix all well together and bake in moderate oven.—Mrs. Dallas Perry.

ENGLISH CHRISTMAS CAKE

10 eggs.
1 pound butter.
1 pound brown sugar.
4 cups flour.
3 pounds currants.

$\frac{1}{2}$ pound mixed peel.
 $\frac{1}{2}$ pound almonds.
Pinch of soda.
 $\frac{1}{2}$ teaspoon nutmeg.
Wine glass full of wine or lemon juice.

Beat butter and sugar together, add beaten eggs one at a time, beating well all the time, add currants and peel, almonds. Mix soda and nutmeg to flour. Add this to first mixture, then add wine or lemon juice. Bake in slow oven 4 hours.—Mrs. S. Minter, Vancouver, B.C.

In each of the four grades of Guiding we carry out the aims of the movement, but on relatively higher standards in each grade, according to the psychology of the girl confined in it.

WALNUT SLICES

1 cup of flour.
 $\frac{1}{2}$ cup of butter.
Mix to a paste then spread in tin.
Mix:
 $\frac{1}{2}$ cup of cocoanut.
 $1\frac{1}{2}$ cups of brown sugar.

1 cup of chopped walnuts.
2 teaspoons flour.
 $\frac{1}{4}$ teaspoon baking powder.
 $\frac{1}{4}$ teaspoon salt.
2 eggs.

Add a little vanilla and spread over mixture of paste.

—Mrs. Geo. Hawksworth.

PINEAPPLE CAKE

2 cups granulated sugar.
 $\frac{1}{2}$ cup butter.
1 cup juice of grated pineapple.

$3\frac{1}{2}$ cups flour.
2 teaspoons baking powder.
Whites of 6 eggs.

Cream the butter and sugar; add the pineapple juice, then the sifted flour and baking powder alternately with the well beaten whites of the eggs. Bake in three layers. Put together with boiled icing, mixing the grated pineapple with half of the icing, using the other half for icing top and sides of cake.

—Mrs. O. S. Large.

AFTERNOON TEA HOT SCONES

2 cups flour.
3 teaspoons baking powder.
1 teaspoon salt.

1 tablespoon sugar.
1 tablespoon shortening.
Sweet milk.

Mix flour, baking powder, salt, sugar. Rub in shortening (not necessarily butter). Add milk enough to make a dough to roll $\frac{1}{2}$ inch. Cut in rounds and bake in a quick oven 15 minutes. Serve hot with butter and, if preferred, a small piece of spready cheese may be added.—Bessie Jacobs.

AFTERNOON TEA FINGERS

1 cup flour.
 $\frac{1}{2}$ cup butter.

Yolk of one egg.

Mix together, cook in moderate oven and when cool cover with following mixture and cook again for $\frac{1}{2}$ hour. Beat together two eggs, $1\frac{1}{2}$ cups brown sugar, 1 cup chopped walnuts, $\frac{1}{2}$ cup cocoanut, 2 tablespoons flour, $\frac{1}{4}$ teaspoon baking powder, $\frac{1}{4}$ teaspoon vanilla. Cover with butter icing and cut into fingers.—Mrs. C. Covernton.

PLAIN CAKE

$\frac{1}{4}$ pound butter.
6 ozs. sugar.
3 eggs.
 $\frac{1}{2}$ pound flour.

Cup of milk.
1 teaspoon baking powder.
Little flavouring if desired.

Cream butter and sugar, add beaten eggs, milk and flour alternately. Bake in small round tin for an hour in moderate oven.—Mrs. H. C. Hooper.

SANDWICH CAKE

$\frac{1}{4}$ cup butter.
 $\frac{1}{2}$ cup sugar.
1 egg.
 $\frac{1}{4}$ cup milk.

1 cup flour.
 $1\frac{1}{2}$ teaspoons baking powder (level).
1 tablespoon warm water.

Beat butter and sugar to a cream, add egg, and milk, then flour and baking powder and lastly the warm water. Bake 20 minutes.—Mrs. E. E. Roberts.

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CHEESE POP-OVERS

1 cup flour (pastry). 3 teaspoons baking powder.
8 rounded tablespoons of grated $\frac{1}{2}$ cup cold water.
cheese (old).

Mix and bake in hot oven in very small muffin tins. To be eaten hot, and require no buttering.—*Mrs. C. H. Vrooman.*

LIGHTNING CAKE

1 cup flour. 1 egg and butter size of an egg.
1 cup granulated sugar. $\frac{1}{2}$ cup milk.
1 teaspoon baking powder.

Sift dry ingredients twice; melt butter, break egg into cup, add butter and fill cup with milk. Stir wet ingredients into dry. Add vanilla and bake in fairly quick oven.—*Jane M. Johnston.*

FRUIT FINGERS

1 cup walnuts (halved). $\frac{1}{3}$ cup white sugar.
1 cup dates. $\frac{1}{2}$ cup flour.
1 cup dessicated cocoanut. 1 egg.

Mix well, press well into pan. Bake in moderate oven, 30 to 40 minutes. Cut into fingers, and dust with icing sugar.—*Mrs. Diplock.*

WINCHESTER NUT BREAD

Pour $\frac{3}{4}$ cup hot water over 1 cup bread flour.
 $\frac{1}{2}$ cup of brown sugar and add $2\frac{1}{2}$ teaspoons baking powder.
 $\frac{1}{2}$ cup golden syrup and 1 and $\frac{1}{3}$ teaspoons salt.
 $\frac{3}{4}$ cup of milk. $\frac{3}{4}$ teaspoon soda.
Mix two cups graham flour.

Combine mixtures and add $\frac{3}{4}$ cup of walnut meats cut in rather large pieces. Turn into buttered bread pan and bake in moderate oven 1 hour. The flour is measured before sifting. Dates or raisins may be substituted for walnuts.—*Mrs. Henry Storrs.*

CHOCOLATE CAKE (Very special)

$\frac{1}{4}$ cup butter. 2 cups flour.
1 cup sugar. 2 teaspoons baking powder.
1 egg. 2 squares melted chocolate.
1 cup milk. $\frac{1}{2}$ teaspoon baking soda.

Cream butter and cream in sugar, add eggs well beaten. Put baking powder with flour and sift three times, add alternating with milk. Add melted chocolate. Lastly, add soda melted in hot water. Bake in slow oven for first 15 minutes, then increase heat to finish.

MOCHA ICING CAKE FOR CHOCOLATE CAKE ABOVE

$\frac{1}{3}$ cup butter. 2 tablespoons cocoa.
 $\frac{1}{2}$ cups icing sugar.

Mix together and moisten with enough strong coffee to spread.

—*Mrs. M. A. Marley.*

COOKIES

$\frac{1}{2}$ pound butter. 1 pound flour (4 cups).
1 and $\frac{1}{3}$ cups powdered sugar. $\frac{1}{4}$ teaspoon baking powder.
1 egg. 1 teaspoon vanilla.

Mix with hands. Stand over night in ice box. Roll out very thin or cut thin with knife. Sprinkle with granulated sugar.—*Mrs. Henry Storrs.*

Brownies are little people who do good to big people. When they go about, alot of them together, they are called a "Pack." They are guided by a Wise Brown Owl.

ROLLED OATS SHORTCAKE

$\frac{1}{4}$ lb. butter. $\frac{1}{2}$ cup white flour.
 $\frac{1}{3}$ cup white sugar. 2 cups rolled oats.

Cream butter and sugar. Add flour and oats, mixing with spoon. Press out, or roll out, about $\frac{1}{4}$ -inch thick. Cut into shapes, and bake on a flat tin for half an hour. Oven temperature 375 degrees.—*Mrs. T. R. Osborne.*

INFALLIBLE SPONGE CAKE

5 eggs. $\frac{1}{4}$ lb. flour.
 $\frac{1}{2}$ lb. white sugar. Grated rind and juice of $\frac{1}{2}$ lemon.

Beat the whites till perfectly stiff. Drop in the unbeaten yolks and beat again, and then add sugar. Beat till very light and then add flour and lemon. stir carefully, and bake in a steady oven.

—*Mrs. Stewart Williams, Victoria, B. C.*

POTATO CAKES

12 well boiled potatoes, $\frac{1}{2}$ lb. butter (or half butter and half lard), 2 lbs. flour, salt, 1 breakfast cupful of sweet milk. Mash potatoes, add butter, flour, salt and milk, mix well and roll out. Bake in a fairly hot oven.

—*Miss Denny, Duncan, B. C.*

WALNUT SLICE

Mix 1 cup of flour with $\frac{1}{2}$ cup of butter and 1 tabelspoonful sugar. Press this well into bottom of tin.

Filling

$1\frac{1}{4}$ cups brown sugar. 2 eggs, beaten.
 $\frac{1}{2}$ cup cocoanut. 2 tabelspoonfuls flour.
1 cup walnuts chopped coarsely. Pinch of salt.
 $\frac{1}{2}$ teaspoonful baking powder.

Mix together, pour on above crust and bake slowly until medium brown and firm to touch.

When cold, cover with the following butter icing:

One-third cup of butter, creamed. Add icing sugar until stiff enough to spread, a spoonful of vanilla or almond essence improves icing.

—*Mrs. A. Horner.*

ALMOND DAINTIES

Pastry

2 cups flour, 1 cup lard, pinch salt, cold water. Mix as usual and line small individual tins.

Filling

2 ozs. butter ($\frac{1}{4}$ cup) or 4 table- 2 ozs. ground almonds.
spoonfuls. Grated rind of 1 lemon.
1 tabelspoonful rice flour. 1 egg (beaten).
4 tabelspoonfuls sugar.

Mix together, add a little almond essence, put a little filling in each lined pastry tin, and cook.—*Mrs. A. Horner.*

GRAHAM GEMS

2 eggs. 1 cup sour milk.
1 teaspoonful baking powder. $\frac{1}{2}$ cup white sugar.
1 teaspoonful cinnamon. $1\frac{1}{2}$ cups graham flour.
 $\frac{1}{2}$ cup butter. 1 cup butter.
1 cup raisins or dates (chopped).

Cream butter and sugar—add beaten eggs—add milk and soda (well mixed), add cinnamon and raisins (or dates), stir in flour and beat well. Bake in muffin tins in moderate oven.—*Mrs. A. Horner.*

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CANDY

PRINCETON FUDGE

- | | |
|--|------------------------------------|
| 1 cup brown sugar. | 1/2 cake unsweetened chocolate, or |
| 1 cup white sugar. | 4 tablespoons cocoa. |
| 1/2 cup milk. | 1 1/2 teaspoons vanilla. |
| 2 tablespoons maple syrup or molasses. | Nuts if wanted. |
| 1 tablespoon butter. | |

Melt butter, add sugars, milk and syrup. Stir till it boils. Boil without stirring 2 1/2 minutes. Add grated chocolate and boil 5 minutes more without stirring. Take off fire, add nuts and vanilla and beat till it will only just pour on to buttered dish. Ready to eat half an hour after you start to make it.

—Mrs. Baker.

MARSHMALLOWS

- | | |
|----------------------------|-------------------------------|
| 1 envelope Knox' gelatine. | 10 tablespoons cold water. |
| 2 cups granulated sugar. | 10 tablespoons boiling water. |
| Pinch salt. | Vanilla. |

Soak gelatine in cold water ten or fifteen minutes. Heat the sugar and boiling water to boiling point, and pour over the soaked gelatine, stirring until dissolved. Let stand until partly cool, add flavouring and salt, and beat with dover beater until very stiff and will hold its shape. Then beat with spoon until just stiff enough to pour out. Put in cool place until firm, cut in squares, and roll in pulverized sugar.

SEA FOAM

- | | |
|-------------------------|-------------------------------------|
| 1 cup granulated sugar. | 1 cup cold water. |
| 2 cups brown sugar. | 1/4 cup chopped walnuts. |
| 2 egg whites. | 1/4 cup chopped Marachino cherries. |

Boil sugar and water until it forms a soft ball in cold water. Beat the egg whites until stiff, and add the syrup very gradually, beating constantly until thick and creamy. Add nuts and cherries and pour into buttered pan to cool, or drop by spoonfuls onto greased paper.

CREAM CANDY

- | | |
|-----------------------|-------------------------|
| 6 cups sugar. | 1 small can Karo syrup. |
| 1 1/2 pints cream. | 1 teaspoon flavouring. |
| 1 pound shelled nuts. | |

Boil together the sugar, cream and syrup to the soft ball stage. Add flavouring and beat until thick and creamy. Add the nuts, and pour into buttered tins. This recipe will make about five pounds of candy.

DIVINITY FUDGE

- | | |
|---------------------|------------------------|
| 2 cups white sugar. | 1/2 cup boiling water. |
| 1/2 cup corn syrup. | 2 egg whites. |

Boil together until it forms hard ball in cold water. Have egg whites beaten stiff, and pour syrup very slowly over them, beating constantly until thick. Add chopped nut meats and vanilla. Pour into well greased tins, or drop by spoonfuls onto buttered paper.

The Law of the Brownie Pack is: "A Brownie gives in to the old folk," and "A Brownie does not give in to herself."

SYRUP FOR POPCORN

- | | |
|---------------------------------|------------------------------|
| 3 cups granulated sugar. | 1 teaspoon salt. |
| 1 teaspoon orange jelly powder. | 1 teaspoon red jelly powder. |
| 1 1/2 teaspoons butter. | 1 cup boiling water. |

Stir well then boil 20 minutes or until 3-inch hairs form on spoon. Do not stir. Lift from fire and pour immediately over 4 quarts of popped corn, stirring all the time. Shape into balls if desired.

PEANUT BRITTLE

- | | |
|-----------------------|---|
| 2 pounds fruit sugar. | 1 pound fresh peanuts (weighed out of shell). |
|-----------------------|---|

Shell and husk the peanuts. Dissolve the sugar in the frying pan and stir until a golden brown. Mix in the peanuts and quickly pour mixture onto a buttered platter. While hot, stretch the mixture with two forks.

MOLASSES COUGH CANDY

- | | |
|--------------------------|-----------------------|
| 2 cups granulated sugar. | 2 cups dark molasses. |
| 1 cup butter. | Juice of 2 lemons. |

Boil all slowly to hard ball stage. Turn into buttered pans and mark into squares.

MAPLE CREAM

- | | |
|-------------------------|-------------------------|
| 1/2 pound maple sugar. | 1/3 cup water. |
| 2 teaspoons corn syrup. | 1 cup granulated sugar. |
| 3/4 cup milk. | 1 tablespoon butter. |
| 1 teaspoon vanilla. | |

Boil sugar, milk, water and syrup until it forms a soft ball in cold water. Add butter and vanilla, and partly cool. Beat until creamy, put in buttered pan until firm and cold. Nuts, figs, and raisins may be added.

COLLEGE FUDGE

- | | |
|---|-----------------------|
| 2 cups granulated sugar. | 2 tablespoons butter. |
| 2 squares chocolate or 6 tablespoons cocoa. | 1 teaspoon vanilla. |
| 2 tablespoons corn syrup. | 2/3 cup milk. |

Mix the sugar and cocoa together, add the syrup and milk and boil without stirring until a soft ball is formed in cold water. Add butter and vanilla. Cool slightly; then beat until creamy and smooth. Makes 1 1/4 pounds.

FRENCH FONDANT

- | | |
|-------------------------------|----------------|
| 2 1/2 cups white sugar. | 1/2 cup water. |
| 1/4 teaspoon cream of tartar. | Flavouring. |

Boil till soft ball forms in cold water. Beat till stiff, then work smooth with hands. Fill with dates.

Variations

- Chocolate—2 squares chocolate.
- Lemon—Juice of one lemon.
- Orange—Juice of one orange.
- Butter Fondant—1 tablespoon butter and 3/4 cup milk.
- Peppermint—4 drops of peppermint extract.

The training for a second class Brownie includes knots, crosses of the Union Jack, Nature Lore, sewing, dancing, health and exercises.

COOKIES and MACAROONS

RUSKS

4 cups bread flour (or 1 pound).
1 teaspoon salt.

4 level tablespoons of butter.
2 large teaspoons of baking powder.

Rub together. Add 1 egg well beaten. $1\frac{1}{2}$ cups milk. Mix well together and roll out rather thin and cut and bake in moderate hot oven. Break in two with fork and return to dry and bake again. Keep in covered tin. Good to eat with cheese, etc.—*Mrs. H. O. Wooten.*

SPICED COOKIES

$\frac{2}{3}$ cup butter.
1 cup sugar.
2 eggs.
 $\frac{2}{3}$ teaspoon soda.
1 tablespoon hot water.

2 cups flour.
 $\frac{1}{3}$ teaspoon salt.
1 teaspoon cinnamon.
 $\frac{1}{2}$ to 1 cup chopped nuts.
 $\frac{1}{2}$ cup raisins.

Cream butter and sugar. Add eggs well beaten. Then soda dissolved in water. Take half flour and sift with salt and cinnamon. Add remaining flour, nuts and raisins and mix all together thoroughly. Drop by spoon on buttered sheet an inch apart and bake in moderate oven.—*Mrs. R. H. Mullin.*

SOUR MILK BREAD

4 cups flour.
2 teaspoons baking powder.
1 teaspoon soda (small).

Sift these together thoroughly.
1 teaspoon salt.
1 teaspoon any shortening (large).

Stir in enough sour milk to make a soft dough. Bake in pretty hot oven for $\frac{1}{2}$ hour.—*Mrs. C. R. Gordon.*

BRANDY SNAPS

$\frac{1}{4}$ pound butter.
 $\frac{1}{4}$ pound flour.
 $\frac{1}{4}$ pound brown sugar.

$\frac{1}{4}$ pound golden syrup.
 $\frac{1}{4}$ oz. ground ginger.
Juice of $\frac{1}{2}$ lemon.

Stir all ingredients in a saucepan over gentle heat until well mixed. Put teaspoonful six inches apart on greased baking tins. Bake in a cool oven until light golden brown. When slightly cooled roll on end of buttered wooden spoon.—*Mrs. W. H. Davis, Burnaby, B.C.*

IRISH TEA-CAKE

2 ozs. butter.
2 ozs. sugar.
4 ozs. flour.
1 egg.

$\frac{1}{4}$ teaspoon baking soda.
 $\frac{1}{2}$ teaspoon cream of tartar.
2 tablespoons milk.
Rind of lemon grated, or vanilla.

Beat butter and sugar. Add eggs and beat. Add milk, soda, cream of tartar and rind and lastly flour. Bake 20 minutes in hot oven. Slice open, butter well and serve hot.—*Mrs. Baker.*

There are nearly one million Guides now in the vast Empire—in Canada, Australia, West, East and South Africa, New Zealand, India, and even as far west as the Falkland Islands.

CORNFLAKE MACAROONS

- | | |
|----------------------------|------------------------------|
| 2 egg whites beaten stiff. | 2/3 cup shredded cocoanut. |
| 1 cup white sugar. | 2/3 cup chopped walnuts. |
| 1/2 teaspoon salt. | 4 cups cornflakes. |
| 1 teaspoon vanilla. | 2 tablespoons melted butter. |

Mix all ingredients together, place spoonfuls on a greased pan and bake in a moderate oven 20 to 30 minutes.—*Mrs. F. Lambert, Burnaby, B.C.*

SHORT BREAD

- | | |
|-------------------|----------------------|
| 1/2 pound butter. | 1/2 cup icing sugar. |
| 2 cups flour. | |

Knead thoroughly to a paste and then roll or pat out and cut into shapes. Bake at 300 about 15 minutes to a golden brown.—*Mrs. E. Brown.*

SPICE CAKE

- | | |
|--|--|
| 1 cup raisins. | 2 large cups flour. |
| 1 cup currants. | 2 eggs. |
| 1 1/2 cups sugar. | 1 tablespoon of cinnamon. |
| 1 small cup butter (half lard will do) | 1 teaspoon cloves (add pinch of salt if lard is used). |
| 1 cup sour milk. | |
| 1 1/2 teaspoons soda (dissolved in tiny bit of hot water or the milk). | |

Ice with butter and coffee thickened with icing sugar to spread.

—*Mrs. Goodwin Gibson.*

DATE SQUARES

- | | |
|---|---------------------|
| 1 1/4 cups flour. | 1 cup brown sugar. |
| 1 1/4 cups oat meal (put through sifter to break up. Remainder throw on top). | 3/4 cup shortening. |
| 1/2 teaspoon salt. | 1 package dates. |
| 1 teaspoon soda. | 1/2 cup sugar. |
| | 1 cup water. |

Stone dates and cook until makes thick paste. Let cool. Put some oatmeal mixture in bottom of flat tin. Spread with date mixture. Crumble the remainder of oatmeal mixture on the top. Bake in moderate oven and cut in squares.—*Mrs. W. D. Keith.*

WHITE LAYER CAKE

- | | | |
|------------------------------|---------------|---------|
| 1 scant cup sugar | } Cream well. | 2 eggs. |
| 2 heaping tablespoons butter | | |

Beat sugar, eggs, butter with dover beater until white. 1/2 cup milk. Beat again. 1 cup flour. 2 scant teaspoons baking powder. Flour as wished. Cook in layers. Put together with boiled white icing or with chocolate.

—*Mrs. Helen Muckleston.*

DUNDEE CAKE

- | | | |
|-----------------------------|---------|---|
| 6 ozs. butter | } Cream | 3 ozs. raisins. |
| 6 ozs. granulated sugar | | 3 ozs. currants. |
| 1/2 lb. flour. | | 1 oz. citeron. |
| 1/2 teaspoon baking powder. | | 1 oz. chopped almonds (with skins left on). |
| Grated rind 1 lemon. | | |
| 4 eggs well beaten. | | |

Just before putting in oven, strew top with almonds cut up, not blanched. Cook one hour in slow oven.—*Mrs. Helen Muckleston.*

Outside the boundries of the Empire there are Guides in nearly every country of the world, Iceland, Brazil, Japan and the United States.

COOKIES

- | | |
|--------------------|-----------------------------|
| 1 cup brown sugar. | 2 eggs. |
| 1 cup butter. | 1 teaspoon soda. |
| 3 cups flour. | 1 teaspoon cream of tartar. |

—Mrs. R. L. Reid.

CHEESE DROP CAKES

- | | |
|---------------------------|-------------------------------------|
| 1 cup flour. | 2 teaspoons baking powder. |
| 1 cup grated cheese. | 2 teaspoons salt. |
| 2 tablespoons shortening. | Water enough to make a drop batter. |

Sift flour, baking powder, salt together. Stir in cheese, stir in shortening with a fork. Stir in water to make a stiff batter, drop in teaspoons on a greased pan. Bake in hot oven.—Mrs. Goodwin Gibson.

CHOCOLATE CAKE

- | | |
|------------------------------------|--|
| 2 eggs well beaten. | 4 heaping tablespoons of grated chocolate. |
| 1 1/4 cups white sugar. | (or two squares). |
| 1/2 cup butter. | 2 cups of flour. |
| Teaspoon (level) of soda in flour. | |
| 1 cup sour milk. | |

Bake in layers. Melt the chocolate over hot water.

White Icing to Use with Above

Boil 1 cup sugar and 1/2 cup water with a pinch of cream of tartar until it is sticky when tested between the thumb and first finger. Let cool and pour over 1 white of egg well beaten. Beat well until smooth and thick. Flavour.

—Mrs. W. D. Keith.

PINEAPPLE CAKE

Part I.

- | | |
|----------------------------------|-------------------------------|
| 1 cup flour. | 1/4 teaspoonful baking soda. |
| 1 1/2 tablespoonfuls butter. | 1 heaped tablespoonful sugar. |
| 1/2 teaspoonful cream of tartar. | 1 egg. |

Mix flour, sugar, baking soda and cream of tartar well together, then rub in butter, moisten with well beaten egg, roll out to size of tin. Butter and flour tin before putting mixture in.

Part II.

1 small tin sliced pineapple cut up finely and spread on top of first part.

Part III.

- | | |
|--------------------------------------|--------------------|
| 2 teaspoonfuls fine cocoanut. | 1 cup fine sugar. |
| 1 large tablespoonful melted butter. | 1 well beaten egg. |

Mix all together, spread on top of pineapple. Bake in moderate oven from 30 to 40 minutes.—Mrs. Dallas Perry.

CHERRY CAKE

- | | |
|-----------------------------------|-------------------------|
| 1 lb. brick butter, minus 1 inch. | 2 1/2 cups white sugar. |
| 6 eggs. | 4 cups flour. |
| 2 1/2 teaspoonfuls baking powder. | 1 cup milk. |
| 1/2 lb. cherries. | Little citron peel. |

Vanilla, lemon and almond flavouring,
equal parts to make one teaspoonful.

Cream, sugar and butter well. Beat eggs separately. Bake one hour.

—Mrs. H. Dickinson.

The Guide Law and Promise are the same the world over and the Guides as well as the Boy Scouts have been recognized by the League of Nations as having a great influence for peace.

WALNUT SLICE

½ cup butter.

1 cup flour.

Rub together and press into pan.

1 cup walnuts.

2 tablespoonfuls flour.

1 cup cocoanut.

1½ teaspoonfuls baking powder.

1 cup chopped dates.

2 well beaten eggs.

1 cup currants or raisins.

Pinch salt.

1½ cups brown sugar.

Mix well together and place on top of above mixture. Bake in moderate oven.

N.B.—First mixture can be baked first or not as desired.

—Elsie Frost.

SOFT GINGERBREAD

1 cup butter.

1 tablespoon ginger.

1 cup sugar.

2 teaspoons soda.

1 cup sour cream.

3 eggs.

1 cup molasses.

Grated rind of lemon.

4 cups flour.

Half quantity makes large cake.—Mrs. R. W. Brock.

SPONGE CAKE

Yolk 6 eggs.

1 scant teaspoon salt.

Beat eggs until lemon coloured. Beat in 1 cup sugar. Beat in ½ cup boiling water. Sift 3 level teaspoons baking powder into 1½ cups flour and beat into the mixture. Beat and cook in moderate oven for 20 or 30 minutes. Flavor with lemon. (Run cold water over beater and bowl before using). Use large double egg beater all the time.

ICING—1 whole orange grated adding icing sugar and butter. (2 cups of icing sugar).

—Mrs. M. A. Marley.

SCOTCH OATCAKES

Put 1 cupful (measuring cup) of fine oatmeal into a bowl, with a teaspoonful of sugar and a little salt. Pour over this ¼ pint boiling water in which 1 ounce of good beef dripping has been melted. Mix well with a spoon, then turn out on board and knead with the hands into a round. Roll out very thinly. Cut in large rounds, then cut the rounds in four. Have the girdle nice and hot, bring it to the edge of the board and slip the cakes on to it. Cook on one side until the edges begin to turn up, then toast on the other side in front of the fire. An hour or two in a moderately hot oven makes them nice and dry and crisp.—Elizabeth M. G. Gumley.

FRUIT CAKE

¾ lb. flour.

¼ lb. currants.

¾ lb. sugar, granulated.

¼ lb. sultanas.

6 eggs.

Some mixed peel.

1½ teaspoons baking powder.

Pinch salt.

Beat butter and sugar to cream. Put eggs in one at a time, and beat well after each one. Sift flour, baking powder, and salt, and add to mixture. Then add fruit. Bake one hour in moderate oven.—Mrs. Midgley, South Okanagan.

During the War, Guides helped in Military hospitals, Government Offices, as orderlies, motor drivers, on farms and made hospital supplies.

"MILE-A-MINUTE" CAKE

Sift together: 1 cup flour, $\frac{3}{4}$ cup sugar, 1 teaspoon baking powder, and a pinch of salt.

Melt $\frac{1}{4}$ cup butter in measuring cup. Break in two eggs. Fill cup with milk, turn into dry ingredients and beat hard for several minutes. Flavor and bake.—*Mrs. J. M. Thompson, Kelowna.*

ROCK CAKES

1 lb. flour.	$\frac{1}{2}$ lb. butter.
$\frac{1}{2}$ lb. sugar.	1 cup currants and peel.
$1\frac{1}{2}$ teaspoons baking powder.	2 eggs well beaten.

Mix together dry ingredients. Rub in butter. Add fruit and eggs. Mix with a knife until nubby. Form into shape with fingers. Bake in hot oven for about 12 minutes.—*Mrs. F. Hoole.*

ENGLISH SULTANA CAKE

(Very Good)

Will keep some time.	$\frac{1}{2}$ lb. sultana raisins.
10 oz. flour.	4 large eggs.
8 oz. butter.	A little salt.
8 oz. sugar.	1 teaspoon of baking-powder.
2 oz. citron.	

Mix together the flour, sugar, baking powder and salt in a bowl. In another cream the butter well. Then add a little of the flour mixture, beat well. Add a well-beaten egg. Beat well, and add a little more flour. Repeat until all the eggs and flour are used.

Keep a little flour to sift over the raisins and citron. Add this to mixture last. Bake about one hour in moderate oven.—*Mrs. Hugh Cannell.*

ENGLISH PARKIN COOKIES

(Especially nice for Christmas)

1 cup of fine oatmeal.	1 dessertspoon of ginger.
2 cups of flour.	1 dessertspoon of cinnamon.
$\frac{1}{4}$ lb. of butter or dripping.	$\frac{1}{2}$ teaspoon of allspice.
$\frac{1}{2}$ cup of golden syrup.	$\frac{1}{2}$ teaspoon of cloves.
$\frac{3}{4}$ lb. of brown sugar.	$\frac{1}{2}$ grated nutmeg.
2 tablespoonfuls of almond meal.	

Mix dry ingredients. Heat syrup and shortening; to this add the soda, and when cool enough the well beaten egg. Stir in the dry ingredients. Roll out very thin. Put an almond or cherry on each and bake in a very slow oven. These are very crisp and will keep indefinitely.—*Mrs. Hugh Cannell.*

SPICE CAKE

1 cup of butter.	1 teaspoon soda.
1 cup of sugar.	1 teaspoon baking powder.
1 egg—not beaten.	1 teaspoon each of cinnamon, nutmeg
1 cup of buttermilk.	and all spice.
2 cups of flour.	

Mix in order given.—*Mrs. Alexander Reid.*

Guides are taught to be plucky, to be handy and to keep cool, and to know what is the right thing to do and to do it, no matter what the risk is to herself.

ORANGE CAKE

- | | |
|------------------------------------|------------------------------|
| 1/2 cup of butter. | 3/4 cup sour milk. |
| 1 cup of brown sugar. | 1 1/2 cups bread flour. |
| 2 eggs well beaten. | 1 teaspoonful soda. |
| 1 lb. dates } Put dates and orange | 1 teaspoonful baking powder. |
| 1 orange } (with peel) through | |
| | your food grinder. |

Bessie Grant Bingay (of Trail).

SHORT BREAD

- | | |
|------------------|-------------------------------|
| 1 cup of butter. | 2 klim scoops of corn starch. |
| 2 cups flour. | 1/2 cup of fine sugar. |

Mix dry ingredients and work into butter. Pat into cakes and put in sandwich tins. Prick right through all over. Bake in very slow oven till creamy color—1 hour more or less.

Can also be patted thin and made into small squares or rounds, etc.

Bake a little less time.—Mrs. G. L. Bailey, 328 9th St., New Westminster.

BALL COOKIES

- | | |
|------------------|---------------------------------|
| 1/2 cup butter. | 1/2 tablespoonful cream tartar. |
| 2 eggs. | 1/2 teaspoonful soda. |
| 1 cup sugar. | 1/2 teaspoonful salt. |
| 1 1/2 cup flour. | Vanilla. |

Cream butter and sugar, add beaten yolks, sift dry ingredients. Mix. Fold in beaten whites. Roll into tiny balls, make small indentation in top of each and fill with jam. Place in greased tin about 2 inches apart.

—Mrs W. Palmer.

ORANGE CAKE

- | | |
|----------------------------|------------------------------------|
| 1 cup of yellow sugar. | 2 teaspoons baking powder. |
| 1/2 cup butter. | 1 teaspoon baking soda. |
| 2 eggs. | 1 cup dried raisins or currants. |
| 3/4 cup of sour cream. | 2 cups of sifted flour. |
| Rind of 1 orange (grated). | Bake in slow oven (3/4 to 1 hour). |

15 minutes after cake is taken from oven, pour over juice of 1 orange. Ice with butter icing or boiled as preferred, and sprinkle with nuts.

—Mrs. Gourlay.

YARMOUTH SUGAR COOKIES

To 2 cups of brown sugar add 3 tablespoonfuls boiling water.

Then:

- | | |
|-----------------------------------|--------------------------------|
| 1 cup butter beaten into a cream. | 1 teaspoonful soda. |
| 2 eggs well beaten. | Sufficient flour to roll thin. |
| 2 teaspoonfuls cream of tartar. | |

Bessie Grant Bingay (of Trail).

VICTORIA SUGAR COOKIES

- | | |
|--------------------------|-------------------------------------|
| 2 cups soft brown sugar. | Scant 1/2 teaspoonful soda. |
| 1 cup butter. | Sufficient flour to roll very thin. |
| Scant 1/2 cup water. | |

Bessie Grant Bingay (of Trail).

A Guide must never be a snob. A snob is one who looks down upon another because she is poor, or who is poor and resents another because she is rich.

POUND CAKE

Weigh as many eggs as you want to use and the same weight in sugar butter and flour. Beat sugar and butter with two tablespoons of boiling water. Add the yolks of the eggs one at a time, add flour and one teaspoonful of baking powder and last of all the whites of the eggs beaten to a stiff froth. Flavour if desired.—*Mrs. Alexander Reid.*

BANANA CAKE

- | | |
|------------------------------------|--|
| 1 cup brown sugar. | 1 level teaspoon soda. |
| 1/3 cup butter. | 2 cups flour (2 teaspoons baking powder sifter in it). |
| 2 eggs (keep one white for icing). | 3 bananas, ripe and well mashed. |
| 1/2 cup sour milk. | |

Cream butter and sugar and well beaten egg, then sour milk with soda dissolved in it. Then bananas and sifted flour.

Bake slowly.

Ice with boiled icing made with 1 cup brown sugar and 3 tablespoons of water cooked until it threads, then beat in the well beaten white of egg.

—*Mrs. Gourlay.*

ORANGE CAKE

- | | |
|--|---|
| 1/3 cup butter. | 2 scant cups flour (1 teaspoon baking powder sifted in). |
| 1 cup brown sugar. | Grated rind and juice of an orange. |
| 2 eggs, saving 1 white for top. | 1 cup raisins (put rind of orange and raisins through grinder). |
| 1 cup sour milk (1 teaspoon soda dissolved in it). | |

Cream butter, sugar and 1 1/2 eggs. Add sour milk, soda and flour, and baking powder. Then juice, rind, and raisins.

Bake slowly.

Icing as for banana cake.—*Mrs. Gourlay.*

CHEESE PASTIES

- | | |
|---------------------------------|-------------------------|
| 1/2 cup of butter. | 1 cup of flour. |
| 15c package cheese (Ingersoll). | 2 tablespoonfuls cream. |

Mix all together, roll out, cut in small rounds, put teaspoonful red currant jelly on each, fold over. Bake. Very good for afternoon tea).

—*Bessie Grant Bingay (of Trail).*

LIGHT FRUIT CAKE

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|--------------------|------------------------------|
| 1 cup butter. | 1/2 cup candied cherries. |
| 1 cup sugar. | 2 cups light sultanas. |
| 1 cup sweet milk. | 4 eggs. |
| 3 cups flour. | 2 teaspoons baking powder. |
| 1/2 cup almonds. | 1/2 teaspoon vanilla. |
| 1/4 cup pineapple. | 1/2 teaspoon lemon extract. |
| 1/4 cup citron. | 1/2 teaspoon almond extract. |

Flour the fruit. Cream butter, sugar, and yolks. Add milk and flour alternately and baking powder. Then beaten whites, fruits and flavouring.

Bake slowly one hour.—*Mrs. Gourlay.*

CINNAMON SQUARES

Roll dough 1/4 inch thick; cut in 2 inch squares, and sprinkle with sugar and cinnamon (1 teaspoon to 1 cup sugar). Bake in a moderate oven.

A Guide "Grins and bears it," when she is in trouble or pain it will relieve her if she forces herself to smile.

DATE TRILBIES

1 cup butter.
 $\frac{1}{2}$ cup milk.
 $1\frac{3}{4}$ cups flour.
1 teaspoon salt.

1 cup brown sugar.
2 cups rolled oats or oatmeal.
3 teaspoons baking powder.

Cream the butter, add the sugar, milk, rolled oats and dry ingredients. Chill dough, roll thin and cut in shapes. Bake on buttered cookie sheets in a moderate oven 12 to 15 minutes.

Filling—Sandwich two cookies together with the following mixture: $\frac{1}{2}$ pound dates, 1 cup water and $\frac{1}{2}$ cup sugar cooked in a double boiler until thick.

CHEESE STRAWS

Roll pastry dough into a rectangular sheet $\frac{1}{4}$ inch thick. Sprinkle one half with grated cheese and fold other half over this; roll lightly. Cut in strips 4 inches long and $\frac{1}{4}$ inch wide and bake in a moderate oven.

CREAM PUFFS

1 cup boiling water.
1 cup flour.

$\frac{1}{2}$ cup butter.
3 eggs.

Add butter to boiling water and heat to boiling. Add flour all at once, stir over heat until smooth and cook mixture until it leaves the side of pan. Chill, add unbeaten eggs one at a time and stir until smooth after each egg is added. Chill again (the mixture should be stiff enough to hold its shape). Place in amounts the size of a walnut, or force through pastry tube on buttered baking sheet. Bake in a moderate oven 30 to 50 minutes. They should feel very light when ready to leave oven (will collapse if not done). Cool, cut opening in side and fill with whipped cream.

BUTTERSCOTCH COOKIES

$\frac{1}{2}$ cup boiling water
2 eggs
 $\frac{3}{4}$ teaspoon cream tartar
 $\frac{3}{4}$ cups flour

2 cups brown sugar
 $\frac{1}{2}$ teaspoon vanilla
 $\frac{1}{2}$ teaspoon soda.

Cream the butter, add the sugar and beaten eggs. Mix in the dry ingredients and pack in a mould. Chill over night then slice and bake in a moderate oven.

SUGAR COOKIES

$\frac{1}{2}$ cup butter
2 eggs
3 teaspoons baking powder

1 cup sugar
 $2\frac{1}{4}$ cups flour
1 teaspoon vanilla

Mix all ingredients together as for butterscotch cookies and chill the dough. Roll a little at a time on a lightly floured board and cut into shapes. Bake in a moderate oven for 10 to 15 minutes.

PEANUT COOKIES

$\frac{1}{4}$ cup butter
2 eggs
2 teaspoons baking powder
1 cup chopped peanuts

$\frac{1}{2}$ cup sugar
1 cup flour
 $\frac{1}{2}$ teaspoon lemon juice

Mix as for Sugar Cookies and add the peanuts. Chill, roll and cut in shapes. Bake on unbuttered pan in a slow oven 12 to 15 minutes.

A Guide goes about with a smile and a song, it will cheer her and it will cheer other people.

COCOANUT MACAROONS I.

- | | |
|----------------------------------|---------|
| 1 can Eagle Brand condensed milk | Vanilla |
| 1 pound shredded cocoanut | Salt |

Mix ingredients together thoroughly, and drop on buttered baking sheets. Bake about ten minutes in a hot oven.

COCOANUT MACAROONS II.

- | | |
|----------------------------|---------------------------|
| 1 egg white | 1 dessertspoon cornstarch |
| 1½ cups cocoanut, shredded | ¾ cup icing sugar |

Beat the egg white until very stiff. Mix the cocoanut, icing sugar and cornstarch together and add to the egg white. Mix well and drop by teaspoons on a buttered baking sheet. Bake ten minutes in a hot oven. These rise considerably, so make them very small.

SHORTBREAD COOKIES

- 2/3 pound butter. 10 tablespoons fruit sugar
2 1/2 cups flour

Sift flour and sugar together, and mix in the butter with the finger tips until it is of the consistency of cornmeal. Press firmly together, and knead on floured board, adding flour until mixture begins to crack. Roll $\frac{3}{4}$ inch thick, and cut in desired shapes. Bake on ungreased baking sheets for 15 to 20 minutes in a slow oven. This mixture may also be pressed into cakes of desired shape and size.

DATE STRAWS

- | | |
|-----------------------------|---------------------|
| 1 cup sugar, white or brown | 1 cup flour |
| 1/2 cup butter | 1 cup chopped dates |
| 2 eggs | Vanilla |
| 2 teaspoons baking powder | Salt |
| 2 tablespoons brown sugar | Chopped nuts |

Cream sugar and butter together, and add beaten egg yolks. Sift in the dry ingredients, and add the chopped dates, and vanilla. Spread this mixture into a greased pan. Beat egg whites until stiff and add the 2 tablespoons brown sugar and the shopped nuts. Spread this over the top of other mixture and bake in a slow oven.

ALMOND FINGERS

- | | |
|-----------------------|---------------------------------|
| Whites of 2 eggs | 1/2 pound almonds, not blanched |
| 1/2 pound icing sugar | 1 teaspoon vanilla |

Mix unbeaten egg whites with sugar. Remove $\frac{1}{2}$ cup of this mixture for the icing, and to the remainder, add the unblanched almonds which have been chopped fine. Using icing sugar on board and on rolling pin, roll this mixture $\frac{1}{2}$ inch thick. Add a little more icing sugar to the icing, to make it thick enough to spread, and spread over the rolled mixture. Cut in strips and bake on a buttered cookie sheet. 10 to 15 minutes.

CHINESE CHEWS

- | | |
|--------------------------------|-----------------------------|
| 1 cup chopped dates | 1 teaspoon baking powder |
| 1 cup walnuts | 2 eggs |
| 1 cup sugar, brown or white | $\frac{1}{4}$ teaspoon salt |
| $\frac{3}{4}$ cup pastry flour | |

Mix all dry ingredients, dates and nuts, and add slightly beaten eggs. Bake in as thin a sheet as possible, and when cooked, cut into small pieces and roll in powdered sugar.

A Guide keeps herself pure in thought, word and deed. She keeps herself clean-minded and womanly.

DESSERTS

ORANGE MARMALADE PUDDING

- | | |
|-------------------------|--------------------------------|
| 2 tablespoons flour. | 1 tablespoon orange marmalade. |
| 2 tablespoons sugar. | 1 teaspoon soda. |
| 2 dessertspoons butter. | 2 eggs. |

Beat yolks, sugar, and butter until light; then add beaten whites, flour, soda, and marmalade. Grease small bowl and steam two hours.—*Mrs. Gourlay.*

MARMALADE PUDDING

- | | |
|----------------------|-------------------------------------|
| 1 tablespoon butter. | 2 heaping teaspoons of flour. |
| 1 tablespoon sugar. | 2 tablespoons hot water poured over |
| 1 egg. | 1 teaspoon of baking soda. |

When mixed to a batter add one teaspoon of marmalade. Put some in bottom of well-buttered bowl and steam one hour. Makes a nice rich little pudding. To serve three or four.—*Mrs. Francis J. Milne.*

SNOW PUDDING

- | | |
|--|----------------------|
| 1/4 box or 1 tablespoon granulated gelatine. | 1 cup sugar. |
| 1/4 cup cold water. | 1/4 cup lemon juice. |
| 1 cup boiling water. | Whites of 3 eggs. |

Soak gelatine in cold water, dissolve it in boiling water; add sugar and lemon juice; strain and set aside in cool place. Occasionally stir mixture. When quite thick, beat with wire spoon or whip until frothy. Add white of eggs beaten stiff and continue beating until stiff enough to hold its shape. Serve this with boiled custard.—*Mrs. F. G. Smithson.*

FIG PUDDING

- | | |
|-----------------|--------------------------|
| 1 pound figs. | 2 ozs. loaf sugar. |
| 1/4 pint water. | 1 1/2 ozs. bread crumbs. |
| 2 eggs. | Cream. |

Soak figs in water for 2 hours, then stew them for 1 1/2 hours. Then add sherry to flavour and stew again till quite soft. Add sugar and when dissolved rub through a sieve, keeping small quantity of syrup for sauce. Mix the puree with bread crumbs and beaten eggs; put into a pipe mould and steam for 1 hour. Turn out and put whipped cream in centre and pour following sauce around it.

Sauce.—Put remainder of syrup into saucepan with 1 oz. sugar, yolks of 2 eggs and 2 tablespoons sherry. Whisk until light and foaming and pour over pudding or serve separately.—*Mrs. J. Heaps, New Westminster.*

DROP PUDDING

- | | |
|---|---------------------------|
| 1 cup brown sugar. | 1 tablespoon butter. |
| 1/2 cup water. | |
| Boil for one minute. Then into the above mixture drop—do not stir—the following batter: | |
| 1/2 cup white sugar. | 1 cup flour. |
| 1 tablespoon butter. | 1 teaspoon baking powder. |
| 3/4 cup milk. | |

Bake in moderate oven 20 to 25 minutes.—*Mrs. C. E. Tran.*

Guides shake hands with the left hand and salute other Guides when in uniform.

SAVOURY PUDDING

½ loaf of stale bread.
1 pint of milk.
1 good sized onion.

1 teaspoon of sage.
salt and pepper to taste.
2 eggs.

Cut the onion into small pieces and put into the milk. Bring to the boil and cook a few minutes. Break in pieces the stale bread and pour the boiling milk and onion over it. Let stand until it is cool. Beat up the eggs and mix with the other ingredients, adding salt, pepper and the sage. Put a tablespoon of dripping in your pan as for a Yorkshire pudding and cook from 30 to 45 minutes in a hot oven. This is good served with pork.

Mrs. David Hall, Vancouver, B.C.

SAILOR'S DUFF PUDDING

2 tablespoons melted butter.
2 tablespoons brown sugar.
1 egg.
½ cup molasses.
1½ cups flour.

½ teaspoon salt.
1 level teaspoon baking powder.
½ teaspoon baking soda dissolved in
1 tablespoon boiling water.

Mix ingredients well, adding ½ cup of boiling water. Then pour into well-greased pudding mould. Cover tightly and steam for one and a half hours. Serve hot with the following sauce:

CREAMY SAUCE

1 egg.
2 tablespoons sherry, or
1 teaspoon vanilla.

½ cup powdered sugar.
¼ cup whipping cream.

Beat egg yolk and gradually add to it half of powdered sugar. Beat again. Beat egg white and add other half of sugar beating well. Fold whites into yolks. Whip cream, add flavouring and then fold into egg mixture.

—Mrs. Stirling Ross.

GINGER PUDDING

½ pound flour.
¼ pound suet.
½ pound treacle (golden syrup).
1 teaspoonful baking powder.

1 egg.
1 teaspoonful ginger (ground).
1 small teacupful of milk.

Shred and chop suet finely, add all the dry ingredients, the treacle, egg well beaten, and milk. Pour into a well-greased basin and steam for 2½ hours.

—Mrs. J. Morris, Barnsely, Yorkshire, England.

STEAMED PUDDING

1/3 cup melted butter.
1/3 cup molasses.
½ cup water.

2 cups flour.
1 cup raisins.
1 teaspoon soda.

Steam 2 hours and serve with whipped cream or any nice pudding sauce.

—Mrs. M. M. Moore.

YORKSHIRE PUDDING

1 cup of flour.
2 eggs.
¼ cup of water.

½ teaspoon salt.
Milk sufficient to make the batter like
thick cream.

Mix the flour and salt with the cold water, drop in your eggs, one at a time, and continue beating, then add your milk. Let this stand for one hour. Cover your tin with dripping and get it hot, then pour in the batter and cook for 30 minutes in a hot oven.—*Mrs. David Hall, Vancouver, B.C.*

Learning to tie knots is practice for using the mind and hands at the same time.

CARROT PUDDING

- | | |
|---------------------------------|------------------------|
| 1 cup grated raw potatoes. | separately). |
| 1 cup grated raw carrots. | 1½ cups flour. |
| 1 cup sugar. | 1 cup shortening. |
| 1 cup raisins dredged in flour. | 1 tablespoon soda. |
| 3 eggs (whites and yolks beaten | 1 tablespoon cinnamon. |

Cream sugar and shortening, add potatoes, carrots, raisins, eggs, soda, cinnamon, lastly flour. Steam 4 hours.

Sauce.—Two cups brown sugar, 1/3 cup butter, 1 tablespoon flour worked together smooth; add 3 cups water; boil. Add lemon juice to suit taste.

—Mrs. H. A. Morgan.

LEMON PUDDING

- | | |
|---------------------------------|--------------------------------|
| 1 lemon grated, rind and juice. | 1 cup milk. |
| 1 cup sugar. | 1 tablespoon melted butter. |
| 1½ tablespoons flour. | 2 eggs, whites folded in last. |

Bake very slowly, the pudding dish set in pan of water. This pudding requires no sauce as the sauce is in the bottom of the pudding. Be sure the bottom is cooked until slightly thickened.—Mrs. Goodwin Gibson.

FRUIT ROLY-POLY

Make tea biscuit recipe, using twice as much fat. Roll ¼-inch thick, spread with 1 cup grape jam, sliced apples, or other fruit. Roll, place on a plate dredged with flour, cover with a cloth and steam 45 minutes. Serve with sugar and cream, or a sauce.—Mrs. B. G. Wolfe-Merton.

LEMON PUDDING

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|-----------------------|--------------------------------|
| 2 tablespoons butter. | 1 cup milk. |
| 2 tablespoons flour. | 2 eggs. |
| 1 cup sugar. | 1 large lemon or 2 small ones. |

Cream butter, sugar, and flour. Add milk. Then add well beaten yolks, juice and rind of lemon. Fold in whites. Bake twenty minutes, putting cake dish in pan of water. Nice hot, and nice cold with whipped cream.

—Mrs. Gourlay.

HONEY COMB PUDDING

- | | |
|--------------------|-----------------|
| 3 eggs. | 1 cup sugar. |
| 3 cups fresh milk. | ½ oz. gelatine. |

Put milk in pan, with gelatine, and sugar, and heat until dissolved. Beat the yolks and whites separately. Add yolks to milk and stir until the mixture is thick. Cool and add whites. Pour into wet mould and serve when cold. Whipped cream is nice with this pudding.—Mrs. H. Dickinson.

CARROT PUDDING

- | | |
|----------------------------|-------------------------|
| 1 cup grated carrot (raw). | 1 cup raisins. |
| 1 cup grated potato (raw). | 1 cup currants. |
| 1 cup chopped suet. | 1 teaspoon baking soda. |
| 1 cup brown sugar. | Little salt and nutmeg. |

Steam four hours.—Mrs. Gourlay.

When passing the Cenotaph Guides always recognize it.
Before being enrolled, a Guide must know the crosses and history
of the Union Jack.

"This recipe is copied from a letter written in Victoria, B. C., fifty years ago, and now in possession of Mrs. Alan Morkill."

Scrape a teacup of chocolate, dissolve it in a little boiling milk. Smooth a tablespoon cornstarch in as much rich milk (or mixed cream and milk) as will nearly fill the dish. Boil all gently one or two minutes, so that it will not settle in baking. When cool, stir in six well beaten eggs, and sweeten well, then bake. When cold pour over a frosting made from the whites of eggs and sugar flavored with essence lemon. Set it in a slow oven, or with the door open and watch till it crusts and becomes a pale brown in the middle.

The point is not to have it too sticky or too hard like cake frosting. Chocolate requires to be made pretty sweet, as your mamma will tell you.

ROBIN TART

Line pie plate with good pastry, spread very thinly with raspberry jam. Cover with the following mixture:

1 oz. butter (melted).	3 ozs. ground rice.
3 ozs. sugar.	1 small beaten egg.

Essence of almond to taste.

Bake in moderate oven. Small tartlets may be made in same way.

—Mrs. A. J. Moxon.

LEMON CURD

2 cups sugar.	4 whole eggs and 2 yolks.
¼ pound butter.	Grated rind of 2 and juice of 3 lemons

Put sugar, butter, lemon rind and strained lemon juice into double boiler and stir until sugar is dissolved. Beat the eggs and add them to the contents of the saucepan. Stir and cook slowly until the mixture thickens.

—Margaret S. Batten.

RASPBERRY CREAM

1 raspberry Jello.	1 tin Pacific milk.
1 tin raspberries.	

Dissolve Jello with ½ pint boiling water, whip milk, add jelly, stirring all the time. Whip together for 10 minutes, put in mould, turn out when cold, putting raspberries around. Serve with cream.—Margaret Hutton.

ORANGE FOAM

2 cups water.	3 egg whites.
1 cup sugar.	Juice of 1 orange.
2 large tablespoons cornstarch.	Juice of ½ lemon.

Boil water and sugar together and when they come to the boil add the cornstarch mixed with a little cold water. Cook for 4 to 5 minutes, then add juice of orange and lemon. Cool, and then add whites of eggs which have been beaten stiff; beat until well mixed, then set to cool. Make a custard with egg yokes.—M. M. Graham, Burnaby, B.C.

A Guide must know how to strip and make a bed properly and clean out a room.

CUSTARD WITH FRUIT

Boil 1 pint of milk with a quarter of a pound of loaf sugar, two bay-leaves and a small piece of lemon peel for about 5 minutes. Stir two tablespoonfuls of Brown and Polson's cornflour into a quarter of a pint of cold milk. Add it to the boiled milk and let it boil for two or three minutes. Have ready in a basin six or eight raw yolks of eggs beaten up and pour upon them the hot mixture, stirring well together. Return all to the saucepan and stir over the fire till it thickens. Do not let it boil or it will curdle. Strain into dish or glasses and serve cold. Sprinkle a little coloured sugar on the top or crushed ratafia biscuits. This is nice for serving with fruit tarts or with stewed fruit hot or cold.—*Mrs. W. E. Burns.*

TORTE

In Three Parts

Part I.

1 box Zwieback (crumbled). $\frac{1}{2}$ cup butter.
 $\frac{3}{4}$ cup granulated sugar. $\frac{1}{4}$ teaspoon cinnamon.

Cream together the butter and sugar; add cinnamon and Zwieback, and mix thoroughly. Cover bottom of square pan with part of mixture, reserving balance for top dressing.

Part II.

4 eggs (yolks). 1 teaspoon vanilla.
 $\frac{1}{2}$ cup sugar. 2 cups milk.
 $\frac{1}{8}$ teaspoon salt. 1 tablespoon cornstarch.

Scald milk and pour over sugar, salt and cornstarch, beat egg yolks and stir slowly in mixture. Cook until mixture hangs from spoon. Add vanilla and pour over first part of recipe.

Part III.

Whites of 4 eggs. Vanilla.
3 tablespoons sugar.

Beat egg whites very stiff. Add sugar gradually, and vanilla, and spread over custard (second part), then add the balance of the first part (crumbled Zwieback, etc.). Cook in slow oven 30 to 40 minutes.—*Mrs. H. D. Young.*

VIRGINIA MOUSSE

1 pound molasses peanut brittle candy. Candied cherries.
1 pint whipping cream.

Crush candy (including nuts) as fine as possible. Whip cream till very stiff and blend with the crushed candy. Serve in individual glasses and decorate with candied cherries. Must be kept in Frigidare before using or blended and served immediately.—*Mrs. E. F. Gunther.*

MAPLE MOUSSE

Yolks of 5 eggs. 1 pint whipping cream.
 $\frac{1}{2}$ cup maple syrup.

Beat yolks until creamy, and then add the maple syrup. Put this in a double boiler over the fire and stir constantly until thick enough to coat the spoon. Pour into a bowl and beat until cold. Then add 1 pint cream whipped very dry. Put in mould and pack in a fine mixture of salt and ice, using 3 parts of ice to 1 of salt. Let stand 3 or 4 hours.—*Mrs. Herbert Riggs.*

A Brownie salutes with two fingers, which remind her of her two-fold promise.

APRICOT MOUSSE

- | | |
|---------------------------------|---------------------------------|
| 1 cup whipping cream. | 2 cups apricot juice. |
| 3 egg whites. | 1 cup sugar. |
| 2 cups canned apricots, mashed. | ¼ pound marshmallow, cut small. |

Soak 1 tablespoon gelatine in 2 tablespoons cold water for 5 or 10 minutes and dissolved over hot water. To apricot juice add marshmallows and apricots sweetened to taste, standing mixture over hot water until marshmallows are melted; add gelatine. Boil sugar in ½ cup water until it spins a thread, then add stiffly beaten egg whites. Add ½ teaspoon salt to cream; whip. Combine both mixtures and fold into apricot mixture. Chill thoroughly. Pour into large mold and freeze in refrigerator pans 3 to 5 hours. Serve in tall glasses topped with whipped cream.—*Mrs. H. McCulloch.*

LEMON SOUFFLE

- | | |
|----------------------------|----------------------|
| 1 cup sugar. | 2 tablespoons flour. |
| 2 tablespoons butter. | 1 cup milk. |
| Juice and rind of 1 lemon. | 3 beaten eggs. |

Cream butter, sugar and flour. Add rind and juice of the lemon, beaten egg yolks and milk. Fold in stiffly whipped egg whites. Bake in a buttered pudding dish in a pan of boiling water 25 minutes.—*Mrs. T. P. Lake.*

LEMON SOUFFLE

- | | |
|----------------|---------------------------------|
| 2 ozs. butter. | 1 lemon, grated rind and juice. |
| ½ cup sugar. | 3 level tablespoons flour. |
| 2 eggs. | 1 cup milk. |

Cream butter and sugar. Add yolks of eggs, juice and rind of lemon. Add flour. Mix. Add milk. Mix. Fold in whites of eggs. Put in greased bowl. Stand in water. Bake in oven 375 degrees for 30 minutes.—*Rene Larsen.*

PINEAPPLE MERINGUE PIE

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|--------------------------------|----------------------------|
| 1 small can crushed pineapple. | Rind and juice of 1 lemon. |
| 1 cup sugar. | ½ teaspoon salt. |
| 2 egg yolks. | ¼ cup water. |
| 3 tablespoons cornstarch. | 1 tablespoon butter. |

Mix cornstarch with water; add the pineapple, stir until thick; add grated lemon, rind. Cover and cook 15 minutes. Beat egg yolks light and add with butter and lemon juice. Turn into the baked shell and cover with meringue.—*Mrs. A. K. Mayne, Burnaby, B.C.*

LEMON SPONGE CAKE PIE

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|---------------------|--|
| ¾ cup of sugar. | 2 egg yolks. |
| 1 tablespoon flour. | Rind of 1 lemon grated, peel and juice |
- Mix together. Add 2 tablespoons melted butter, 1 cup of milk. Lastly well beaten whites of 2 eggs. Line pie plate with crust and pour in mixture. Bake for ½ hour.—*Mrs. E. Tompkins.*

First Aid is taught in all grades of Guiding, from Brownies of eight to Guides of eighty.

APPLE DELIGHTS

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|-----------------------------|----------------|
| 2 cups pastry flour. | 1 cup milk. |
| 1½ teaspoons baking powder. | 1 egg. |
| ½ teaspoon salt. | 6 ripe apples. |
| ¼ cup butter. | |

Mix and sift dry ingredients. Cut in butter and mix well. Add milk gradually, and lastly add well beaten egg. Drop tablespoon of batter into well buttered muffin tins. Peel apples and remove cores, leaving a hole through each apple. Place apple on batter, pressing slightly. Fill hole with mixture of sugar and cinnamon, and bake in a hot oven until apples are tender—about 25 minutes. Serve hot with maple syrup sauce, and top with sweetened whipped cream.

PEACH PUDDING

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|-------------------------|----------------------------------|
| 1 tablespoon butter. | 1 cup pastry flour. |
| 1 cup granulated sugar. | 2 teaspoonfuls of baking powder. |
| 1 egg. | 6 ripe peaches. |
| ½ cup milk. | |

Cream the butter, add sugar gradually, and well beaten egg. Beat mixture thoroughly, then add milk and flour, mixed with baking powder, alternately. Line baking dish with a thick layer of the peaches, peeled and sliced. Pour the batter over peaches, and bake in a moderate oven about 35 minutes. Serve with whipped cream.

MILLERS' PUDDING

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|---------------|------------------------------|
| ¼ cup butter. | ¼ teaspoon baking soda. |
| ½ cup sugar. | 2 teaspoons milk. |
| 2 eggs. | 2 tablespoons raspberry jam. |
| 1 cup flour. | |

Cream the butter and sugar. Add well beaten egg, and flour, sifted with baking soda, then add the milk. Add the raspberry jam, and pour in a greased pudding mould. Steam 2 hours, turn out and sprinkle with pulverized sugar. Serve with Caramel Sauce.

JELLIED PRUNES

- | | |
|--------------------|-------------------------|
| ½ pound prunes. | 2 tablespoons gelatine. |
| 3 cups cold water. | ¼ cup lemon juice. |
| 1 cup sugar. | |

Wash prunes, and soak over night in cold water. Cook slowly until tender in water in which they were soaked. Drain; and measure prune water (there should be 2 cups). Make jelly, chill; when it begins to set, add prunes. Serve with cream and sugar, or a custard sauce.

SPANISH CREAM

- | | |
|------------------------|---------------------|
| 1 tablespoon gelatine. | 1/3 cup sugar. |
| ¼ cup cold water. | ⅛ teaspoon salt. |
| 1¾ cups milk. | 1 teaspoon vanilla. |
| 2 yolks of eggs. | 2 whites of eggs. |

Soften gelatine in cold water, mix yolks of eggs, sugar and salt. Add hot milk. Cook as soft custard, pour over softened gelatine, strain and cool. When partly set, beat until foamy; add whites of eggs beaten stiff, and beat until mixture begins to stiffen. Turn into moistened mould, and chill. Serve with a custard sauce. When mould is set and turned out, it should be in three different layers, i.e., clear gelatine, milky jelly, and spongy layer.

Guides practice health in their everyday life, for they must keep fit and healthy.

DESSERT TRIFLE

Line large glass dish with lady fingers or slices of sponge cake. Pour over this a jar of preserved peaches or other fruit. Place over this a layer of sliced, blanched almonds. Cover with whipped cream, and decorate with almonds and marachino cherries.

BANANA SPONGE

1 tablespoon gelatine.	1/3 cup boiling water.
1/4 cup cold water.	2/3 cup banana pulp.
1/2 cup sugar.	2 tablespoons lemon juice.
2 whites of eggs.	

Soften gelatine in the cold water. Make a syrup of the boiling water, sugar and lemon juice. Boil 5 minutes. Pour over softened gelatine, stir until dissolved and let chill, stirring occasionally. When partly set, add banana pulp, and beat until foamy. Add stiffly beaten egg whites, and beat until mixture begins to stiffen. Pour into moistened mould, or pile lightly in serving dish.

DATE SOUFFLE

15 stoned dates.	1/2 cup sugar.
1/4 teaspoon lemon juice.	2 whites of eggs.

Beat eggs until stiff, fold in carefully the chopped dates, sugar, and lemon juice and bake in a buttered baking dish in a slow oven. Do not permit any bangs or sudden drafts. When done it must be puffed, thoroughly browned and a knitting needle must come out clean if inserted. Serve with cream sauce.

May be made with apricots, pineapple, etc.

BLANC MANGE

2 cups hot milk.	4 tablespoons cornstarch.
2 tablespoons sugar.	1/8 teaspoon salt.
1/4 cup cold milk.	1/2 teaspoon vanilla.

Mix cornstarch, sugar and salt with cold milk. Add slowly to hot milk in double boiler. Stir constantly until thick, cover and cook 45 minutes stirring every ten. Remove from heat, add flavouring, pour into moistened moulds and chill. Serve with sauce or fresh fruit.

CHERRY DUMPLINGS

2 cups granulated sugar.	Cherries.
3 cups water.	Rich tea biscuit dough.
3 tablespoons butter.	

Roll out biscuit dough 1/4 inch thick and cut in 3- to 4-inch squares. Place a spoonful of cherries on each square, and fold over tightly into a ball. Place in a pan and pour over them a syrup made with the sugar, water and butter, by boiling together a few minutes. Bake in oven 15 to 20 minutes, and serve hot, using the syrup for the sauce. These may be made with apples, fresh peaches, etc., in the place of the cherries.

REAL ENGLISH SUET PUDDING

2 cups flour.	1 teaspoon baking powder.
1 cup suet.	1/4 teaspoon salt.

Mix all together thoroughly, and add sufficient cold water or milk to make a rather stiff dough. Shape into a roll, wrap in a pudding cloth, which has been scalded and dredged with flour on the inside, tie up ends with string, drop in boiling water, and boil for 2 1/2 hours. This recipe will serve 6 people. This is eaten with the meat course of a dinner, served with the gravy, but it is equally as nice served with jam, jelly, or with caramel sauce, as a dessert.

The six rules of health for Guides are—fresh air, cleanliness, exercise, food, clothing and sleep.

CARAMEL PUDDING

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|-------------------------|-------------------------------|
| 1 1/4 cups brown sugar. | 1/2 cup boiling water. |
| 2 cups scalded milk. | 4 1/2 tablespoons cornstarch. |
| 1/4 teaspoon salt. | 1/2 cup cold milk. |
| 1 egg. | 1/2 teaspoon vanilla. |

Melt sugar to caramel; add boiling water gradually and cook until caramel is very thick. Mix cornstarch, salt and cold milk; add gradually to hot milk in double boiler; stir constantly and as mixture begins to thicken, add caramel. Cook 45 minutes, stirring every 10 minutes. Add well beaten egg, cook 5 minutes longer, and add flavouring. Pour into serving dish, chill and serve with cream. Nut meats and figs or dates may be added.

CORNSTARCH SOUFFLE

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|--------------------------|---------------------------|
| 2 cups scalded milk. | 3 tablespoons cornstarch. |
| 1/4 cup sugar. | 1/8 teaspoon salt. |
| 2 tablespoons cold milk. | 1 egg or 2 whites. |
| 1/2 teaspoon, vanilla. | |

Mix cornstarch, sugar and salt with cold milk, add gradually to hot milk stirring until thick. Cook 45 minutes, stirring every 10. Add beaten egg, cook 5 minutes longer, add vanilla, beaten whites and beat with wire beater until blended. Turn into serving dish or mould; chill and serve with custard sauce.

LEMON SNOW

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|----------------------------------|-------------------------------|
| 2/3 cup sugar. | 1 teaspoon grated lemon rind. |
| 1 and 1/3 cups of boiling water. | 1/6 cup cold water. |
| 3 tablespoons cornstarch. | 1/6 cup lemon juice. |
| 2 whites of eggs. | |

Make a syrup of sugar, water and lemon rind; boil 3 minutes and remove rind. Mix cornstarch with cold water, add gradually to syrup. Stir until thick and cook until there is no taste of raw starch. Remove from stove, add strained lemon juice and whites of eggs beaten stiff. Beat with a wire beater and turn into moistened moulds and chill. Serve with Lemon Custard Sauce.

APPLE TAPIOCA

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|------------------------|---------------------------|
| 3/4 cup pearl tapioca. | 2 1/2 cups boiling water. |
| 1/2 teaspoon salt. | 6 sour apples. |
| Whole cloves. | 1/2 cup sugar. |

Soak tapioca in enough cold water to cover. Drain, add boiling water and salt, and cook in a double boiler until almost transparent. Wipe, core and pare the apples and stick two or more cloves in each. Place in buttered dish, fill centres with sugar and pour tapioca over apples. Bake in a moderate oven till apples are soft and serve with sugar and cream. Sago may be used instead of tapioca.

GRAPENUT PUDDING

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|---------------------------|--------------------------|
| 1/2 cup grapenuts. | Pinch cinnamon. |
| 1 cup boiling water. | Pinch cloves. |
| 1/2 cup milk. | Pinch nutmeg. |
| 1/2 cup sugar. | Pinch salt. |
| 2 eggs. | 1 cup raisins. |
| 1 teaspoon melted butter. | 1/2 cup chopped walnuts. |

Pour the boiling water and the milk over grapenuts, and set aside to cool. Mix the sugar, eggs, and butter, and pour over the grapenut mixture. Add spices and salt, and lastly the raisins and nuts. Bake in moderate oven 20 minutes. Serve with whipped cream.

Guides learn to exercise through hikes, games, drill and camp.

GELATINE PUDDING

1 package gelatine.
4 cups milk.

2/3 cup granulated sugar.
2 eggs.

Soak gelatine in cold water about 10 minutes. Have the milk at the boiling point, and into this put the gelatine and the sugar. Bring to the boiling point, remove from stove and stir in the beaten yolks of eggs. Fold in the stiffly beaten whites, and let stand over night to become firm. Flavour with vanilla.

FIVE MINUTE PUDDING

2 ounces flour.
1 1/2 ounces sugar.

2 eggs.
1 tablespoon baking powder.

Mix flour and sugar, and break in the eggs. Beat well, then add baking powder, and pour at once into shallow pan, lined with greased paper. Bake five minutes or a little longer. Turn out on sugared board, spread jam on quickly, and roll up at once. Sift sugar over it.

SUMMER PUDDING

Stew raspberries and red currants with sugar and water, according to taste, taking care to have plenty of juice. Cut the crust of a stale loaf in slices half an inch thick, and put in a mould—leaving room for the bread to swell. Fill with alternate layers of fruit and bread, and then put in as much juice as possible without causing the bread to rise. When soaked in, put in rest of juice. Cover with plate and leave till next day. When required, turn out and pour over it a good custard or cream sauce.

MOULDED APPLES

6 tart apples.
2 teaspoons gelatine.
Juice of 1 lemon.

1/2 cup cold water.
2 cups sugar.
2 cups boiling water.

Soak gelatine in cold water for 5 minutes. Make a syrup of water and sugar. Pare and core the apples and cook in syrup. Turn often to keep whole. When tender, remove from syrup and place on serving dish. Add boiling water enough to make 1 pint syrup. In this dissolve gelatine. Add lemon juice and strain over apples. Let stand till it hardens. Serve with whipped cream or with custard sauce.

VELVET CREAM

Whipped cream.
2 tablespoons currant jelly.
2 egg whites beaten stiff.

2 tablespoons strawberry jelly.
2 tablespoons pulverized sugar.

Fill sherbert glasses 3/4 full of whipped cream, then add 2 tablespoons of the following mixture: strawberry jelly, currant jelly, sugar and egg whites beaten stiff. Beat mixture stiff.

MARSHMALLOW DESSERT

1/2 pint cream.
1/2 pound walnuts.
1/2 cup cherries.

1 can pineapple.
1/2 pound marshmallow (cut).

Whip the cream and fold in a can of pineapple cut in cubes, walnuts and marshmallows cut in small pieces, and cherries. Pile in sherbert glasses and top with a cherry.

It is estimated that in 10 years at least 38,000 Guides have enjoyed the benefits of the Girl Guide Training that makes for character and good citizenship.

CARAMEL TAPIOCA

1 cup tapioca. 5 cups water.
3 cups brown sugar.

Put water, tapioca and sugar to soak at night. In the morning bake in a very slow oven for about three hours, stirring occasionally. Serve hot or cold with cream.

CUSTARD TAPIOCA

$\frac{1}{2}$ cup tapioca. Salt.
Milk. 3 egg yolks.
 $\frac{1}{4}$ cup sugar. $\frac{1}{2}$ teaspoon vanilla.

Soak tapioca in enough milk to cover and salt. In the morning add milk to make a pint and cook till transparent. Mix egg yolks, sugar and vanilla and add to tapioca. Beat 3 egg whites, fold in and pour in mould to chill.

PINEAPPLE RICE

$\frac{1}{2}$ cup cooked rice. $\frac{1}{2}$ cup cubes pineapple.
 $\frac{1}{2}$ cup sugar. 1 cup whipped cream.

Mix together and fold in stiffly beaten cream. Serve in sherbert glasses. Garnish with pineapple or cherry.

PINEAPPLE TAPIOCA

Juice from can pineapple. 1 cup sugar.
 $\frac{2}{3}$ cup tapioca. Salt.
4 cups cold water.

Drain juice from a can of pineapple, add enough cold water to make 4 cups. Bring to a boil and add minute tapioca, sugar and salt. Cook until clear. Cut pineapple in cubes and add to tapioca. Cool and put in sherbert glasses and top with whipped cream.

MAPLE CREAM PUDDING

2 cups milk. Pinch salt.
2 tablespoons cornstarch. 2 eggs (well beaten).
1 cup maple syrup.

Heat in double boiler. Add cornstarch and cook about 25 minutes, then add the well beaten eggs and cook 5 minutes. Serve with whipped cream and walnuts.

DATE PUDDING

$\frac{1}{4}$ cup butter. 2 tablespoons sugar.
1 egg. 2 teaspoons baking powder.
 $\frac{1}{2}$ cup milk. $\frac{1}{8}$ teaspoon salt.
 $\frac{1}{8}$ cup flour. $\frac{1}{2}$ cup chopped dates.

Cream butter and sugar. Add egg and milk. Sift dry ingredients, add liquid to dry ingredients and fill buttered cups $\frac{2}{3}$ full. Steam 30 minutes. If steamed in large mould steam 40 to 60 minutes.

In 1912 Lady Pellett was appointed chief commissioner for Canada, in 1912 she resigned and Mrs. H. D. Warren, of Toronto, succeeded her, and is still our chief.

BANANA WHIP

1 cup bananas.
 $\frac{1}{2}$ cup sugar.

1 teaspoon lemon juice.
1 egg (white).

Wash bananas and add juice of lemon to keep from turning dark. Mix with sugar and the white of egg. Beat all together for about 20 minutes or until light and stiff. 1 cup apple sauce may be used instead of the banana.

APRICOT WHIP

$\frac{1}{2}$ pound dried apricots.
3 egg whites.

$\frac{3}{4}$ cup sugar.

Dried apricots washed and soaked for 2 hours in water enough to cover. Cook at simmering temperature. When tender, remove from fire and strain. Add sugar and cook 5 minutes. Beat egg whites stiff and fold in mixture. Pour in a baking dish, place dish in a pan of water and bake 40 minutes over a slow oven. Serve with custard sauce.

PRUNE WHIP

1 pound prunes.
2 egg whites.

4 tablespoons sugar.
 $\frac{1}{2}$ teaspoon almond extract.

Soak prunes overnight in water. Stew until tender and add sugar. Cook. Remove pits and mash to pulp with fork. About 1 hour before serving beat 2 egg whites stiff and fold them with prune pulp. Put in serving dish and chill. Add almond extract and whipped cream.

CINNAMON RICE

6 cups boiling water.
1 cup rice.

Powdered cinnamon.

Bring water to a boil in saucepan and stir in rice. Cook slowly till the rice has soaked up most of the water—but do not scorch. Flavour with powdered cinnamon and serve with brown sugar and cream.

PEANUT SNOW

1 cup cream.
1 cup sliced pineapple.
Few marshmallows (cut).

$\frac{1}{4}$ pound peanuts brittle.
1 cup dry boiled rice.

Whip cream until stiff and fold in peanuts brittle put through food chopper, dry boiled rice, sliced pineapple and a few marshmallows cut. Add powdered sugar if necessary and as much pineapple syrup as it will hold. Put in shallow glass dish and garnish with cherries.

LEMON PUDDING

3 soda biscuits.
 $\frac{1}{2}$ cup milk.
1 dessertspoon butter.

Yolks of 2 eggs.
 $\frac{1}{2}$ cup sugar.

Roll biscuits fine, then mix all together and bake one half hour. Bring to a boil:

Juice and rind of 1 lemon.
1 cup sugar.

1 cup water.
2 dessertspoons cornstarch.

Set out to cool, then place on top of pudding. Beat 2 egg whites until stiff, pile on top of pudding and brown in oven.

The Dominion Headquarters for Canadian Girl Guides is in Toronto at 22 College Street.

FRUIT SHORTCAKE

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|----------------------------|---------------|
| 2 cups flour. | 2/3 cup milk. |
| 4 teaspoons baking powder. | Fruit. |
| 1/2 teaspoon salt. | Fruit sugar. |
| 4 tablespoons fat. | |

Mix the flour, baking powder, and salt together, cut in the fat, and make into soft dough with the milk. Toss on floured board, and roll to 1/3-inch thickness. Make into two cakes, or shape with cookie cutter. Put two pieces together, place in a greased pan and bake 20 minutes in a hot oven. Prepare fruit, mash a part of it, sweeten, and let stand a short time. When cakes are baked, place on serving dish, remove upper half, spread mashed fruit over, replace upper; cover with mashed fruit or place on it whole fruit and dust with fruit sugar. Serve with whipped cream.

Bananas, fresh or preserved strawberries, raspberries or peaches make a delicious cake.

QUICK STRAWBERRY SHORTCAKES

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|------------------------------|---------------------|
| 1/2 cup butter. | 3 cups bread flour. |
| 3 tablespoons baking powder. | 1/2 teaspoon salt. |
| 1 egg, beaten. | 1 cup milk. |
| 2 quarts strawberries. | |

Mix powdered sugar and whipped cream; sift flour, baking powder, and salt together four times. Mix butter in with fork, and add milk; and lastly beaten egg. Drop big spoonfuls on buttered sheet, size desired, or spread in layer cake pan for large shortcake. Bake in hot oven about 15 minutes. Wash and cut berries, mix with powdered sugar. Split the shortcakes, butter them, cover half with berries, put other half on top and cover with berries, then add with whipped cream and decorate with whole berries.

CHARLOTTE RUSSE

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|---------------------------|-------------------------|
| 2 teaspoons gelatine. | 3 tablespoons sugar. |
| 2 tablespoons cold water. | 1/4 teaspoon vanilla. |
| 4 tablespoons hot milk. | 1/4 cup cream, whipped. |
| 2 lady fingers. | |

Soften gelatine in cold water. Dissolve in hot milk. Strain and add sugar, stir until it is dissolved. Flavour. Set aside in a cool place stirring constantly. When partially set, beat until foamy, then beat in a little of the whipped cream, and lightly fold in remaining cream. Turn into mould lined with lady fingers.

ORANGE PINEAPPLE SPONGE

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|--|---------------------------|
| 1 tablespoon gelatine. | 1/2 cup orange juice. |
| 1/2 cup boiling water. | 1/4 cup cold water. |
| Salt. | 1/4 cup sugar. |
| 1/2 cup canned pineapple or apricot juice. | 1 tablespoon lemon juice. |

Soak the gelatine in cold water for 5 minutes and dissolve in boiling water. Add sugar, salt, lemon juice, canned pineapple or apricot juice, and orange juice. When it begins to stiffen beat till frothy and fold in stiffly beaten whites of 2 eggs. Beat thoroughly and pile in glasses. Garnish with cherries, pineapples, strawberries. Fruit may be folded in—then add a little more sugar.

A Guide is loyal, to her King, her parents, her officers over her, those under her, and with whom she works.

PINEAPPLE SPONGE

1/2 ounce gelatine.
1/4 cup sugar.
2 egg whites.

1 cup shredded, cooked pineapple.
Juice of 1 lemon.

Soak gelatine in water for 20 minutes. Then dissolve over steam or hot water. Dissolve sugar in fruit, add lemon juice and combine. Set dish in cold water and when it begins to thicken add gradually the well beaten eggs. Pile in glass serving dishes—with cream.

XMAS PUDDING

1 pound suet.
2 cups bread crumbs.
2 pounds raisins.
1 pound currants.
1/2 pound peel.
1/2 pound cherries.

4 cups flour.
1/2 pint orange juice.
1 teaspoon soda.
2 teaspoons cream tartar.
6 eggs.
1 cup brown sugar.

TEACUP CHRISTMAS PUDDING

1 cup flour.
1 cup sultanas.
1 cup currants.
1 cup suet.
1/2 cup almonds.
1 teaspoon mixed spice.
Rind of 1/2 lemon.
1 cup old ale.

1 cup raisins.
1 cup peel.
1 cup sugar.
1 cup bread crumbs.
1 teaspoon nutmeg.
Rind of 1/2 orange.
4 eggs.

Thoroughly incorporate. Put into well greased basins, cover with greased paper, tie over white cloth, plunge into boiling water and keep simmering 8 hours.

DESSERT SAUCE

LEMON SAUCE

1/4 cup sugar.
1 tablespoon cornstarch.
1 cup boiling water.
Few grains salt.

1 tablespoon butter.
1 tablespoon lemon juice.
Grated rind of 1/2 lemon.

Mix sugar, salt and cornstarch. Add boiling water; stir and cook until there is no taste of raw starch. Remove from heat, add butter, lemon juice and rind. Orange sauce may be made by using juice of 1 orange in the place of the lemon juice.

BUTTERSCOTCH SAUCE

1/2 cup brown sugar.
2/3 tablespoon cornstarch.
Few grains salt.

1 cup boiling water.
1 tablespoon butter.
1/2 teaspoon vanilla.

Mix sugar, cornstarch and salt. Add boiling water, stir and cook until there is no taste of raw starch. Remove from heat, and add butter and vanilla.

MAPLE SYRUP SAUCE

1 tablespoon flour.
1 tablespoon butter.

1 cup maple syrup.

Cream the flour and butter, add the maple syrup gradually, and cook until mixture thickens to right consistency.

A Guide is like Kim, "little friend to all the world."

CUSTARD PUDDING SAUCE

2 cups milk.	2 eggs.
1/3 cup sugar.	Salt.
1 teaspoon cornstarch.	1/2 teaspoon vanilla.

Bring the milk to a boil in a double boiler. Mix the eggs, sugar, salt, and cornstarch together and stir into mixture. Cook until thick (about 3 minutes) and add vanilla. Only 1 egg may be added using 3 teaspoons cornstarch.

HARD SAUCE

1/2 cup butter.	1 cup confectioner's sugar.
Pinch salt.	1 egg.
1 teaspoon vanilla.	Cherries (cut).

Cream the butter then blend in gradually with sugar and add a pinch salt. Cream well then add the egg white well beaten and vanilla. Chill until ready to use. Cherries cut up and mixed with this are very pretty.

CHOCOLATE SAUCE

1/2 cup sugar.	1/2 cup water.
1 1/2 ounces chocolate.	1/4 teaspoon vanilla.

Melt chocolate over hot water, add one half the sugar gradually, then the boiling water slowly and the remainder of the sugar. Cook until sugar dissolves and the sauce is thick. This may be kept indefinitely and served hot or cold.

FRUIT SAUCE

1 cup fruit syrup.	1/2 teaspoon cornstarch.
1 tablespoon cold water.	1/4 cup fruit.

Heat syrup. Mix cornstarch with cold water, add gradually to fruit juice, and cook until there is no taste of raw starch. Remove from heat, and add fruit finely cut.

FROZEN DESSERTS

PURE ICE CREAM

1 quart pure cream.	Flavouring.
1 cup sugar.	
Freeze.	

CHOCOLATE SAUCE

1 cup sugar.	3/4 cup cocoa.
1 cup cold water.	2 teaspoon cornstarch.

Cook in double boiler for 1/2 hour.

RASPBERRY SHERBET

2 quarts raspberries.	1 cup sugar.
1 1/2 pints water.	Juice of 1 lemon.
1 tablespoon gelatine.	

Mash berries, add sugar and let stand 2 hours. Soak gelatine in cold water and cover. Add 1 pint water to the berries and strain. Dissolve gelatine in 1/2 pint boiling water. Add this to strained mixture, cool and freeze.

"On my Honour" is the corner-stone of Guiding, where properly led, and 99% of the girls try their best to live up to it.

ORANGE WATER ICE

4 cups water.	2 cups sugar.
Grated rind of 2 oranges.	2 cups orange juice.
1/4 cup lemon juice.	

Make a syrup of boiling water, sugar, and rind, boiling it 10 minutes. Cool, add lemon and orange juices; strain and freeze.

PINEAPPLE SORBET

1 cup sugar.	1 cup finely shredded cocoanut.
1 tablespoon lemon juice.	3 cups milk.

Mix all the ingredients together and freeze.

BAKED ALASKA

1 quart brick ice cream.	Layers of cake 1 inch thick.
4 egg whites.	6 tablespoons fruit sugar.

Cover a board with paper; place cake in centre, and unmould ice cream on cake (there should be about one inch of cake extending beyond brick on all sides). Cover ice cream and cake with meringue made of egg whites and sugar. Place on rack in a hot oven to brown. Slip from paper on serving dish and serve at once. Meringue may be sprinkled with shredded cocoanut. This may be made individually if preferred.—*Edith Birks James.*

COFFEE MOUSSE

1/2 tablespoon gelatine.	2 tablespoons cold water.
3 tablespoons boiling water.	1/2 cup strong coffee.
1/2 cup sugar.	2 cups cream (whipped).

Mix the coffee, water and sugar together and cool. Add the gelatine which has been soaked in cold water, chill, strain and stir occasionally until partly set. Beat till foamy, fold in whipped cream, turn into a mould and pack in ice and salt. Let stand 4 to 6 hours. (Mould should not be more than half full.)—*Mrs. Rochfort, Victoria, B. C.*

MAPLE MOUSSE

1/2 tablespoon gelatine.	2 tablespoons cold water.
1 cup maple syrup.	2 cups cream (whipped).

Soften gelatine in cold water. Heat syrup to boiling point, pour over gelatine and finish as coffee mousse.

ICED RICE PUDDING

1/4 cup rice.	2 1/2 cups hot milk.
3 egg yolks.	1 cup sugar.
1/2 tablespoon vanilla.	1 cup cream (whipped).

Wash rice, cook in double boiler until soft and press through a sieve. Cook eggs, sugar and milk mixture as soft as custard, cool and flavour. Freeze to a mush, remove dasher, beat well and fold in whipped cream. Fill a mould, pack in ice and salt and let stand 2 to 3 hours. Unmould, garnish with fresh fruit.

The Canadian Girl Guide office in Vancouver is at the Province Bldg., Hastings Street.

ENTREES and SUPPER DISHES

SPANISH RICE

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|----------------------------------|------------------|
| 1 cup uncooked rice. | pimento. |
| 2 cups tomatoes. | 1 teaspoon salt. |
| 1 small onion or green pepper or | Pepper to taste. |

Put in dish and bake, 25 to 30 minutes.—*Mrs. Norman Musgrave.*

ITALIAN SPAGHETTI

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| 4 tablespoons or more of olive oil. | Fry light brown. |
| Butter half the size of an egg. | Add 1 can of tomatoes, pinch of soda. |
| 2 onions chopped. Fry a light brown in oil. | Season with salt and pepper and a sprinkle of allspice. |
| 2 cloves of garlic or more (mashed) and mixed with $\frac{1}{2}$ pound of Hamburg steak. | Simmer for about an hour. |
| | Mushrooms may be added. |

Boil half a box of spaghetti in salted water and blanch. Arrange spaghetti on platter and pour dressing over and sprinkle with grated cheese—Parmesan if possible.—*Mrs. Boyd.*

RHUBARB FRITTERS

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|---------------------------------|--|
| 1 cup diced rhubarb. | 1 and $\frac{2}{3}$ teaspoons baking powder. |
| 4 tablespoons sugar. | 2 eggs. |
| 1 tablespoon lemon juice. | $\frac{1}{2}$ cup milk. |
| 1 and $\frac{2}{3}$ cups flour. | 1 teaspoon fat, melted. |
| $\frac{1}{2}$ teaspoon salt. | |

Mix rhubarb, sugar and lemon juice and let stand for 30 minutes. Combine the rest of the ingredients and beat for 2 minutes. Add the rhubarb mixture and drop tablespoonfuls of the mixture into deep hot fat. Fry until well browned on all sides.—*Mrs. J. Stanborough, North Burnaby, B.C.*

BEAUREGARD EGGS

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|--------------------------|--------------------------------|
| 5 eggs. | $\frac{1}{2}$ pint of milk. |
| 1 tablespoon cornstarch. | Lump of butter size of walnut. |
| 5 squares of toast. | Salt and pepper to taste. |

Boil the eggs for twenty minutes. Take off the shells and chop the whites fine and rub the yolks through a sieve. *Do not mix them.* Now put the milk on to boil, rub the butter and corn starch together and add to the boiling milk. Now add the whites, salt and pepper. Put the toast on a hot platter. Cover it with a layer of the white sauce, then a layer of the yolks, sprinkle with a little salt and pepper, stand in the oven a minute or two and serve.—*Mrs. T. W. B. London.*

CHEESE PUDDING

2 eggs, whites beaten separately. Add yolks to one slice of bread 2 inches thick broken up over which 2 cups of hot milk have been poured and a small cup of grated cheese, melted in hot milk. Salt and mustard to taste. Stand aside to cool. Then add beaten whites and cook in slow oven.—*Miss Hetty Jack.*

A Guide's duty is to be useful and to help others and she is to do her duty before anything else, even if it interferes with her pleasure, comfort or safety.

LUNCHEON CHEESE

Cut stale bread in 1/3-inch slices. Spread with butter. Remove crusts and cut in finger-shaped pieces. Arrange near together around slices of a buttered baking dish, having bread extend about 1 inch above dish; also line bottom of dish. Beat 2 eggs slightly, add 1 cup thin cream, 1 tablespoon butter, 1 teaspoon sage, 1/2 teaspoon mustard, 1/4 teaspoon paprika, a few grains cayenne and 1/2 pound mild cheese, cut in small pieces. Pour mixture in dish and bake 30 minutes. Serve very hot.—*Mrs. R. H. Mullin.*

MACARONI AND CHEESE

Cook in salted boiling water enough macaroni to fill a baking dish. Grate enough cheese to fill a soup plate. Fill the baking dish with three layers of macaroni alternating with cheese, the latter on top. Beat one egg and add enough milk to cover the macaroni, then cook in hot oven for twenty minutes and serve hot. Season with salt and paprika.—*Mrs. T. W. B. London.*

CHEESE POTATOES

3 cupfuls creamy mashed potatoes.	1 tablespoonful minced parsley.
3/4 cupful grated cheese.	White of 1 egg.
2 tablespoonfuls melted butter.	Salt, pepper.

Mix potatoes and cheese, add butter and parsley, and season with salt and pepper to taste. Beat until very light, fold in the stiffly whipped white of the egg and heap on a mound on a greased tin. Dust with additional grated cheese and brown over in a quick oven. The potatoes to be creamy should be a little more moist than for ordinary mashed potatoes.

—*Mrs. P. R. Bradbury, North Burnaby, B.C.*

BAKED EGGS AU GRATIN

6 hard boiled eggs.	1/2 teaspoon of salt.
2 full cups of milk.	1/2 teaspoon of pepper; little cayenne.
3 tablespoons of flour.	3/4 cup of grated cheese.
3 tablespoons of butter.	1 cup of dry bread crumbs.
1 teaspoon of mustard.	

Make a white sauce of the milk, butter, flour and seasonings. Cut eggs in half and place in shallow baking dish. Cover with the white sauce and sprinkle with the grated cheese and bread crumbs. Bake in moderate oven 20 minutes.—*Mrs. Broadbent.*

BAKED SOUTHERN HAM

1 slice smoked ham from 1 to 1 1/2 inches thick.	1 teaspoon mustard.
2 tablespoons brown sugar.	Milk to cover.

Sprinkle sugar and mustard on ham and cover with milk. Bake in oven in Pyrex dish with top on until ham is cooked. Remove lid of dish and allow ham to brown. Serve with peas and creamed potatoes.

—*Mrs. Rupert Guthrie, Victoria, B. C.*

CANADIAN CHOP SUEY

1/2 cup rice.	1 can tomato soup.
3 onions.	1 cup water.
1 pound Hamburg steak.	Salt, pepper.

Boil rice. Fry chopped onions till soft. Add Hamburg steak and brown. Put rice in casserole, add meat and onions. Over all pour soup and 1 cup of water. Cook 3/4 hour in the oven.—*Mrs. C. W. Murray.*

She must be prepared at any time to save lives and to help any injured person. She must try her best to do a good turn for someone every day.

CURRY

- | | |
|--|-------------------------------|
| 1 pound steak (good) N.Y. or
T. Bone. | 4 potatoes (medium). |
| 1 large apple. | 1 dessert spoon curry powder. |
| 1 small onion. | 1 dessertspoon curry paste. |

Cut up small. Brown meat and onions in fat and add small cup water and curry. Add rest and stew together about an hour to hour and a half. Serve with boiled rice and chutney.—*Mrs. W. E. Ainley.*

EGGS AND ASPARAGUS

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| 3 hard boiled eggs, sliced. | and pepper. |
| 1 tin asparagus tips. | Grated cheese. |
| White sauce, well seasoned with salt | |

Put layers of hard boiled eggs and asparagus alternately in Pyrex dish until dish is nearly full. Pour over all white sauce to which has been added 2 tablespoons grated cheese. Sprinkle grated cheese thickly over top; stand dish in pan of hot water and heat in oven. When contents of dish are hot, brown the grated cheese on top and serve at once.

—*Mrs. Rupert Guthrie, Victoria, B. C.*

PORTUGUESE EGGS (Oeufs a la Portugaise)

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|-------------------------------|---|
| 1 tablespoon beef dripping. | 1 tin tomato juice thickened with
flour. |
| 1 tablespoon chopped onions. | Eggs. |
| 1 (tinned) pimento (chopped). | |
| 1 tin tomato soup or | |

Brown onions in beef dripping. Add chopped pimento and tomato soup. Break eggs into sauce and cook slowly, basting continually until the eggs are poached firm. Season to taste. Serve eggs on platter with sauce poured over them. Garnish with triangles of toast.

—*Mrs. Rupert Guthrie, Victoria, B. C.*

MEXICAN EGGS

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|---------------------------|-----------------------------------|
| ½ cup onions (chopped). | 1 teaspoon mustard. |
| ¼ cup fat. | 2 teaspoons salt. |
| 3 tablespoons flour. | 2 teaspoons Worcestershire sauce. |
| 2 cups tomatoes (canned). | |

Simmer onions in fat for 5 minutes. Blend in flour. Add tomatoes and cook till thick. This sauce will keep. To serve: Add eggs slightly beaten, as many as required (usually one for each person). Cook in double boiler and serve on toast.—(*Miss*) *Winnie Loat.*

SCOTCH EGGS

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|---------------------|------------------|
| 1 pound sausage. | Bread crumbs. |
| 4 hard boiled eggs. | Salt and pepper. |

Shell the eggs; skin the sausage and add seasoning. Coat eggs well over with sausage meat. Roll in bread crumbs and fry. Cut in halves and serve either hot or cold.—*L. A. Finglass.*

When in difficulty to know which of two things is her duty, she must ask herself, "what is my duty?" that is, which is the best for other people, and do that one.

EGGS A LA CAMP BROCK

Fry a few sliced onions in butter till soft. Add flour to thicken, pinch salt and milk to make a cream consistency. Add sliced hard boiled eggs and serve.—*Mrs. J. Heaps.*

LIMA BEANS EN CASSEROLE

Soak 1½ cups dried Limas from 6 to 8 hours. Drain, cover with boiling water, add one small finely sliced onion, and cook slowly until tender. Add ½ teaspoon salt during last part of cooking. Drain and add 1 cup diced celery, 2 tablespoons chopped green pepper, 1 cup condensed tomato soup, ½ cup water, 2 tablespoons melted butter, ⅛ teaspoon pepper, and salt to taste. Pour into greased casserole, sprinkling with ¼ cup buttered crumbs. Arrange six bacon strips over the top and bake in a medium oven of 400 degrees F. for 30 minutes. Serves six.—*Joyce Heaps.*

ITALIAN RICE

1 tablespoon beef dripping.	½ cup peas.
1 tablespoon chopped onions.	½ cup rice.
1 tablespoon chopped carrots.	1 tin tomatoes.
1 tablespoon chopped pimento.	Soup stock.
1 tablespoon chopped celery.	

Brown onions in dripping. Add rice and vegetables, and when rice begins to discolour, add tomatoes strained. Place in double boiler and add soup stock as rice swells. When rice is nearly cooked take lid off double boiler and let rice steam till nearly dry. Season with salt and pepper. Serve with grated cheese, preferably Parmesan. This dish is often served with chopped chicken giblets which have been cooked in gravy.

—*Mrs. Rupert Guthrie, Victoria, B. C.*

TOMATOES AND RICE

1 tin tomatoes.	Bacon.
½ cup rice.	

Cook rice in boiling water. When cooked separate grains by pouring cold water on them. Drain and mix with tomatoes which have been drained of their juice. Season well with salt and pepper. Put in Pyrex dish and lay across top four or five strips of bacon. Bake in oven 400 degrees until bacon is brown and crisp.—*Mrs. Rupert Guthrie, Victoria, B. C.*

CHOP SUEY

1 pound chicken.	½ pound pork.
2 large Spanish onions.	1 bottle Soy Sauce.
6 bunches celery.	¼ cup sugar.
1 pound mushrooms.	Salt.
¼ cup butter.	Pepper.

Cut meat in small pieces, and sear in frying pan. Add finely chopped onions and celery, and simmer until all is tender. Brown mushrooms in butter, add to meat mixture, and cook 10 minutes longer. Pour in the soy sauce, sugar, and season well.

Bean sprouts add much to the flavour, if desired. Add 1 can when the Chop Suey is nearly done.

If a Guide meets another Guide, she will help her in any way she can, either to help her carry out the duty she is doing or in giving her food or as far as possible anything that she may be in want of.

CHEESE SOUFFLE

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|-----------------------|------------------------|
| 3 tablespoons flour. | 1/2 cup milk. |
| 1/2 teaspoon salt. | 3 eggs. |
| Cayenne. | 1/2 cup grated cheese. |
| 3 tablespoons butter. | |

Make thick white sauce of the flour, salt, cayenne, butter and milk. Remove from heat, add yolks of eggs well beaten, and cheese. Chill, fold in whites beaten stiff. Turn into buttered baking dish, oven poach or steam over gently boiling water 40 to 50 minutes in a moderate oven. Serve at once. To test soufflé, insert knitting needle in centre; it comes out clean when the soufflé is done.

GRIDDLE CAKES

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| 2 cups flour. | 2 cups stale bread crumbs. |
| 2 teaspoons baking powder. | 1 egg. |
| 3/8 teaspoon baking soda. | 1 1/4 cups sour milk. |
| 1/2 teaspoon salt. | 1 1/2 tablespoons melted butter. |
| 2 tablespoons sugar. | |

Mix and sift dry ingredients. Cover bread with boiling water; let stand until soft, then drain off all surplus water. Beat bread until smooth; add flour. Add beaten egg, milk and butter; mix as little as possible. Bake on greased hot griddle; they should be turned only once in baking.

These may be made with sweet milk, using 3 1/2 teaspoons baking powder and no baking soda.

WAFFLES

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|----------------------------|----------------------------------|
| 2 cups flour. | 1 3/4 cups milk. |
| 3 teaspoons baking powder. | 2 eggs. |
| 1/2 teaspoon salt. | 1 1/2 tablespoons melted butter. |
| 2 teaspoons sugar. | |

Sift dry ingredients together twice. Add well beaten eggs, milk, and butter. Heat waffle iron on both sides; brush over with melted dripping. Pour 1 tablespoon mixture in each section, near centre. Bake until brown and crisp. Serve at once with powdered sugar, honey or maple syrup.

FRENCH OMELETTE

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|---------------------|--------------------|
| 2 eggs. | Onion to flavor. |
| 2 slices bacon. | Pinch salt. |
| 2 teaspoons butter. | Pinch pepper. |
| 1 tomato. | Pinch mixed herbs. |
| 1/2 teaspoon sugar. | |

Whisk the eggs lightly, add dessertspoon water, and flavour with pepper, salt and herbs. Chop the skinned tomato and bacon into small pieces. Grate on to these just enough onion to flavour and add sugar. Fry mixture slowly until cooked, remove from pan, and put in the butter. When the butter is melted, pour in the eggs. When the bottom part is set, hold under grill to cook top, then slip on to a hot plate. Pour the bacon mixture on to one half, fold over, and serve at once.

CHEESE OMELETTE

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|------------------------|-----------------------|
| 2 eggs. | 2 tablespoons butter. |
| 1 ounce grated cheese. | Salt. |
| 2 tablespoons cream. | Pepper. |

Beat egg yolks, and add the pepper, salt, cream and grated cheese. Fold in the lightly beaten egg whites. Heat omelette pan, put in the butter, and when melted, pour in the mixture. Keep stirring very slowly until it begins to thicken, and then place in the oven to brown.

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WELSH RAREBIT

1 tablespoon butter.	1 cup cheese.
Salt.	$\frac{1}{2}$ cup milk.
Pepper.	1 egg.
Pinch of mustard.	

Melt the butter in double boiler, add the salt, pepper and mustard, and the grated cheese. When cheese is melted, add the milk and well beaten egg. Stir constantly until mixture thickens and is smooth. Serve at once on crisp wafers or on dry toast.

PORCUPINE BALLS

$1\frac{1}{2}$ pounds round steak, minced.	Small piece onion.
$\frac{1}{2}$ cup raw rice.	Pinch salt.
1 can tomatoes.	Dash of pepper.

Mix steak, raw rice, onion, salt and pepper, and pat into balls. Place in baking dish and cover with the tomatoes. Bake in closed baking dish in a moderately hot oven about two hours.

FRENCH TOAST

Beat 2 eggs well and add $\frac{2}{3}$ cup milk and a pinch of salt. Dip bread into this—cut about $\frac{1}{2}$ -inch thick—and fry slowly in a greased pan. When brown and crisp on both sides serve hot with syrup.

CHEESE FONDU

1 cup scalded milk.	1 tablespoon melted butter.
1 cup bread crumbs.	$\frac{1}{2}$ teaspoon salt.
1 cup grated cheese.	3 eggs.

Cook bread crumbs and milk together, remove from fire and add butter, cheese, salt and pepper. Stir gradually into the hot mixture, the well beaten egg yolks. Fold in the stiffly beaten white, and pour into greased baking dish and bake in a moderate oven 15 to 20 minutes.

FRENCH PANCAKES

$\frac{1}{2}$ cup flour.	2 tablespoons melted butter.
1 teaspoon baking powder.	1 egg.
$\frac{1}{4}$ teaspoon salt.	1 cup hot milk.

Sift flour, baking powder and salt together. Beat egg slightly, and add hot milk and melted butter. When slightly cooled, stir into sifted dry ingredients. Beat until smooth. Heat griddle, grease, and pour batter into griddle to form pancakes about 3 inches in diameter. Turn with spatula or pancake turner as soon as first side forms brown. Spread with jelly, when browned on both sides, roll and sprinkle tops with powdered sugar. This recipe makes about a dozen pancakes.

FRITTER BATTER

1 cup flour.	$1\frac{1}{2}$ teaspoon baking powder.
$\frac{1}{4}$ teaspoon salt.	1 tablespoon fruit sugar.
$\frac{1}{3}$ cup milk.	1 egg.
$\frac{1}{2}$ tablespoon butter, melted.	

Mix and sift dry ingredients. Add milk, beaten egg and butter.

A Guide is courteous, she is polite to all, especially to women and children, old people, invalids and cripples.

APPLE FRITTERS

Wipe apples; core, pare and cut in $\frac{1}{4}$ inch slices. Sprinkle with fruit sugar and a few drops of lemon juice; cover; let stand 20 minutes. Drain thoroughly; dip slices in batter. Fry in deep fat at 365 degrees. Drain, arrange in circle on folded napkin; serve with Hard Sauce or Lemon Syrup.

BANANA FRITTERS

4 bananas. Fruit sugar.
1 tablespoon juice (lemon) Fritter batter.

Remove skins from bananas; scrape, cut in quarter. Sprinkle with sugar and lemon juice; cover, let stand 20 minutes. Drain thoroughly; dip in batter; fry in deep fat; drain. Sprinkle with fruit sugar and serve.

FRUIT FRITTERS

Other fruits; as fresh strawberries, peaches and oranges, may be dipped in batter and fried as fritters.

QUEEN FRITTERS

3 tablespoons butter. 1 cup boiling water.
1 cup flour. 3 eggs.

Have water boiling in saucepan; add butter. When boiling, add flour all at once, stir quickly until mixture leaves sides of saucepan.

SWEDISH TIMBALES

$\frac{1}{2}$ cup flour. $\frac{1}{8}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon fruit sugar. $\frac{1}{3}$ cup milk.
1 egg. 1 teaspoon olive oil or melted butter.

Mix and sift flour, salt and sugar. Beat egg, add milk; add gradually to flour, making thick pour batter. Add the oil, mix thoroughly. Pour batter into a cup. Have fat hot enough to brown a cube of bread in 60 seconds—365 degrees. Heat timbale iron in the fat. When iron is hot drain, a little tissue paper. Dip iron into batter to $\frac{3}{4}$ its height. Lower into fat; cook to golden brown. Remove from iron, drain. Tilt sideways so as not to drop off timbale iron. Garnish by dipping edges into slightly beaten white of egg, then into very finely chopped parsley. Fill with creamed chicken, sweetbread, asparagus, cold salads, jelly, etc.

HARD COOKED EGGS WITH CHEESE SAUCE

$\frac{1}{4}$ pound relish cheese. 1 tablespoon flour.
6 hard cooked eggs. 1 teaspoon salt.
 $1\frac{1}{2}$ cups milk. $\frac{1}{2}$ teaspoon paprika.

Melt cheese in the milk in a double boiler, season, thicken with the flour, stir in the hard cooked eggs cut into thick slices or quarters, taking care not to break them. Serve on buttered toast with a dash of paprika. Serve six persons.

EUFS EN CASSEROLETES

Place minced bacon in bottom of each casserole, and set in hot oven until bacon begins to cook. Add a little salt and pepper, and a small onion finely minced. Break into each casserole, a whole egg, and return dishes to oven. As soon as eggs are set cover each with melted butter and a generous sprinkling of cheese.

A Guide must never take any reward for being helpful or courteous.

SPANISH RELISH

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|-------------------------|-----------------------|
| 1 pound beef. | 1/2 pound pork. |
| 2 large chopped onions. | 1 pint boiling water. |
| 1 can tomatoes. | 1 can kidney beans. |
| 1 small can pimientos. | Dash paprika. |

Boil the ground meat, onions, and water for one half hour; then add the tomatoes, beans, pimientos and paprika. Thicken with flour and water and boil slowly for another half hour.

EGGS WITH ASPARAGUS TIPS

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|-----------------------------|---------------------|
| 1 small can asparagus tips. | 2 tablespoons milk. |
| 1 tablespoon butter. | 6 eggs. |
| Pepper. | Salt. |

Drain asparagus and heat in the butter. Beat the eggs, add the butter and seasoning; then add to the heated asparagus and cook till thick. Serve hot on toast.

SPANISH PEBRE

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|---------------|-------------------|
| Cold Chicken. | 2 cloves. |
| Salt. | Sweet oil. |
| Lemon Juice. | Pinch of saffron. |

Cut up cold chicken which has been previously boiled. Bring the sweet oil to a boil, drop in the chicken, cloves and salt, and brown slightly. Moisten with some of the broth in which the chicken has been boiled, reheat and serve.

CHEESE BARS

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|-----------------------------|-------------------------|
| 1 package cream cheese. | 1 small can pimientos. |
| 1/2 cup green string beans. | 1 dozen chopped olives. |
| Salt. | Paprika. |

Mix all ingredients together and press into a shallow buttered pan; chill on ice and when solid, cut into bars and serve with salads, supper dishes or hot dishes.

STUFFED CELERY

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| Celery. | Seasonings. |
| Worcestershire sauce. | Paprika. |

Make a paste of the cheese, seasonings and sauce. Stuff the celery stalks with this mixture and sprinkle with paprika. This may be served as an hors d'oeuvre, with turtle soup or salads.

MACARONI AND CHEESE

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|------------------------|-------------------------|
| 2 cups macaroni. | 2 cups milk. |
| Salt. | Pepper. |
| Butter. | 2 teaspoons cornstarch. |
| 1/2 cup grated cheese. | Biscuit crumbs. |

Drop macaroni into a kettle of rapidly boiling water and boil till tender (about 20 minutes). Make a milk sauce of the milk, butter and seasonings, thickened with the cornstarch. Run the macaroni under the cold faucet and place by layers in the casserole, alternately with the grated cheese. Cover with the sauce, sprinkle the top with crumbs and butter, and bake in a moderate oven for 20 minutes.

A Guide is a friend to animals, saving them as far as possible from pain, and she does not kill any unnecessarily, not even the smallest of God's creatures.

FIVE-IN-ONE SUPPER DISH

Place in a casserole 1 layer of sliced potatoes, 1 layer of onion, 1 layer of hamburger steak (1 pound), 1 layer of boiled rice, 1 layer of sliced tomatoes (or 1 can). Sprinkle salt and pepper through and bake in a slow oven for one hour.

YORKSHIRE PUDDING

1 cup flour.	$\frac{1}{2}$ cup milk.
$\frac{1}{2}$ cup sugar.	$\frac{1}{2}$ teaspoon baking powder.
1 egg.	

Mix as for a cake. Have pan ready with boiling hot fat in it. Pour batter in pan, and cook in a hot oven.

Yorkshire Pudding Sauce

1 tablespoon melted butter.	6 teaspoons flour.
6 teaspoons sugar.	1 cup milk.

HEAD CHEESE

1 pork hock.	1 teaspoon poultry dressing.
2 pounds beef shin.	Salt to taste.

Cut beef into small pieces, and together with the pork hock, simmer for two hours. Take out the hock and cut all the meat into very small pieces. Mix again with the beef, add seasoning and again simmer for two hours. Keep stirring to prevent sticking to bottom of pan. When cooked well, beat up with a fork, pour into mould, and when cold, is ready for use.

HORS D'OEUVRES

Cut bread $\frac{1}{4}$ inch thick and cut slices in $1\frac{1}{2}$ inch squares. Melt a little butter or beef dripping in frying pan, and when pan is hot, place in the bread a few at a time, browning well on both sides. Spread with a highly seasoned mixture, and serve with cocktails, etc.

Variety for a Mixed Plate of Hors D'oeuvres

- Anchovies garnished with pimentoes.
- Caviar garnished with pimento strips and onion.
- Pickled onion garnished with egg yolk.
- Pickled cauliflower garnished with stuffed olive slices.
- Small slice of artichoke heart.
- Garnish plate with stuffed olives, gherkins, and celery hearts.

A Guide obeys orders without question—even if she dislikes it she will do it, this is discipline.

Recipes by Famous Chefs of Canadian Pacific Hotels Across Canada

SALAD SUNNY VICTORIA

In centre of leaves of lettuce place finely chopped celery in mayonnaise. Circle the celery with picked crab leg. Place around the crabmeat some half slices of tomatoes. Between the tomatoes some slices of hard boiled egg partly covered by the tomatoes. Garnish centre of egg with caper and centre of tomatoes with a slice of stuffed olives. Pass mayonnaise mixed with a little curry and chutney at table.

FRESH STRAWBERRY FRITTERS, EMPRESS

Take some large Gordon Head strawberries, cover them entirely with apricot marmalade and roll them in pulverized macaroons, then tip them one by one into a light frying batter and plunge them immediately into very hot frying fat. When the paste has fried and is of a nice golden color, drain them off and roll in sugar. Dress on a folded napkin. Serve vanilla sauce separate.

—*With Compliments, Jean Gnisch, Empress Hotel, Victoria, B. C.*

BABY LAMB PROVENCALE

When the lamb is nicely roasted wrap it in the following mixture: White bread crumbs, melted butter, chopped chalots, parsley and a little garlic, and bake it in the oven to a nice brown. Garnish it with stuffed tomatoes, stuffed with the same mixture as above. Serve gravy separate.

INDIAN CURRY

Fry chicken, lamb or veal in butter to light brown colour, add chopped onions and a little garlic, then the curry powder. Let it all fry for two minutes more then add flour and leave in oven for one more minute, then put one part stewed tomatoes and four parts stock, a little chopped apple and a bouquet garni. Salt and pepper and let cook until meat is tender, then take it out carefully, strain sauce and boil it down to right thickness. In the last minute add a little good table cream to sauce, pour over meat and serve.

This sauce can be made without meat, just the stock and tomato, and can be used with any fish or cooked meat.

INDIAN RICE

Cook rice 15 minutes in good boiling water with a lemon juice, then let cold water run over it until good and cold, then some hot water, then let water run off and put rice in napkin and in etuve (warming oven). Serve on separate dish from curry.—*C. Auderegg, Chef, The Chateau, Lake Louise.*

STUFFED BAKED SALMON

Bone a five or six pound salmon and stuff it with this dressing. Chop one medium sized onion and six fresh mushrooms (canned mushrooms, if there are no fresh available) very fine and fry in butter until a light brown. Add fresh bread crumbs, chopped parsley, two yolks of eggs, $\frac{1}{4}$ teaspoonful of thyme and a little brown gravy to moisten and season to taste.

To Bake: Put sliced onions and carrots in oiled roasting pan. Place salmon on top with one tablespoonful of whole pickling spices, sprinkled with butter, and bake in slow oven for one hour. When half cooked cover it. When cooked take salmon out, pour the fat off. Put two ladles full of thin brown gravy in the pan and let it simmer for a few minutes. Then strain it. Add a little fresh butter and the juice of a $\frac{1}{4}$ lemon and serve separate.

Garnish: Fish with cucumbers cut in finger lengths par-boiled and fried in butter and plain boiled potatoes cut the same shape.

LEMON MERINGUE PIE (Special)

1 cup sugar.

7 yolks of eggs.

4 whites of eggs beaten stiff.

1 teaspoon of gelatine.

The grating and juice of one orange.

The grating of 1 lemon and the juice of 2 lemons.

1 oz. butter.

Heat and beat sugar and yolks and $\frac{3}{4}$ of juice in steambath, then beat until cold, then add dissolved gelatine in $\frac{1}{4}$ of juice and the butter; at last mix in four whites beaten very stiff, fill in ready baked shells and let set in cool place.

FILET OF SOLE, AU GRATIN

Filet a large sole, fold and cook in shallow stew pan with the stock made of the fish bones, and the juice of a half a lemon and season to taste. When cooking the fish, it should be covered with a buttered paper cut in the shape of the stewing pan, so it attains all the steam and flavor.

Sauce

Chop half an onion and three medium sized fresh mushrooms very fine and cook in butter until light brown. Then add the stock of the filets and a little brown sauce and let it cook for ten minutes. Thicken with one tablespoonful of bread crumbs made of two days old bread (not dry bread).

Dressing of Fish

Make a border of mashed potatoes on a platter or an au gratin dish with a tube and bag. Put the filet of sole in the centre. Pour the mushroom sauce over. Sprinkle with bread crumbs, grated cheese, and a little melted butter and bake until brown.

EMINCE OF CHICKEN

Breast of a good sized cooked fowl cut in one inch square escalops, five fresh mushrooms sliced, one red pimento, cup and a half of cream, half a glass of sherry wine, two egg yolks, six slices of truffles, lemon juice and rizotto.

Cook mushrooms in shallow pan in butter and when half done add chicken and cooked together for three minutes, then add sherry wine and cream and cook all together for five minutes more. Bind it with the egg yolks and lemon juice. Salt and pepper to taste.

Rizotto: Fry chopped onions with the rice to a nice brown. Put in the chicken stock, season it and let it boil for fifteen minutes, then put in the grated cheese, sprinkle some fresh butter on top and put it aside ready to serve.

Make a border with the rizotto, put your chicken in the centre with the sliced truffles on top and serve.

—C. Auderegg, Chef, The Chateau, Lake Louise.

A Brownie salutes with two fingers, which remind her of her two-fold promise.

POTATOES HONGROISE

Onions and bacon chopped fine and fried in butter; add a liberal quantity of paprika, then some fresh tomatoes blanched peeled, cut in dices, cut the raw potatoes in wheels $\frac{1}{4}$ inch thick and cover it to the level of the potatoes with stock or consomme, season to taste and cook for twenty minutes.

CHEESE SOUFFLE

Put half a pint of thick bechamel to boil in a shallow pan. Add three yolks of eggs, stir well and cook until a thick cream, then let it cool a while. Add one cup of grated Swiss cheese and a little cayenne pepper. Beat the three whites of eggs stiff and mix it in slowly. Put the whole in a buttered deep souffle dish. Sprinkle it with grated cheese and bake for eighteen minutes in a hot oven.

EGGS LAC MIROIR

Fry slices of ham one inch square in butter. Add stewed tomatoes. Let it simmer for five minutes, then break an egg into it. Season and bake together in the oven until the eggs are done.

POACHED EGGS BELLE-OTERO

Empty a good sized baked potato. Put in bottom two soup spoons full of creamed chicken with two poached eggs on top and cover the eggs with a thick bechamel (cream sauce). Sprinkle with bread crumbs, grated cheese and melted butter and bake in the oven to a brown.

Lake Louise Special Sauce, to be served with Salads, Crab or Shrimp Cocktails

To one pint of very thick mayonnaise add one hard boiled egg chopped fine, one red pimento chopped very fine one tea spoon of fresh coarse ground white pepper, one soup spoon of tarragon vinegar, one soup spoon of Chilli sauce, chopped parsely and chives, with salt and pepper to taste.

—C. Auderegg, Chef, The Chateau, Lake Louise.

CHICKEN POT PIE

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|---|--------------------------------|
| 1 chicken (one large chicken for 4 persons) | Salt |
| 1 onion | Pepper |
| 1 tablespoon chopped parsley | $\frac{1}{4}$ cup flour |
| Bit of Bay leaf | Pie crust |
| | 2 carrots cut up in small dice |

Dress, clean and cut up chicken. Put in stew pan with onion cut up, add carrot, bay leaf, salt, pepper. Cover with boiling water and cook slowly until tender. Thicken stock with flour diluted with enough cold water to pour easily. Cover the chicken mixture with crust in which several incisions have been made. Wet edge of crust and put around a rim which is close to edge. Bake in moderate oven 350 degrees F. until crust is well risen and browned.

—R. Albertella, Chef, Royal York Hotel, Toronto.

STEWED STEAKS HACHEPOT

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|---|-------------|
| 25 lbs Rump or Round steak for 50 persons | 2 celery |
| 3 lbs carrots | Salt pepper |
| 2 lbs onions | 1 Bay leaf |

Cut meat up in 2 inch cubes season to taste and fry them in a little fat on a brisk fire until nice and brown. Add vegetables cut in small dice and let simmer for few minutes together, dredge with flour, about a cup full mixed well and let simmer till flour is nicely coloured, after add sufficient water to cover the meat and let cook slowly for about 3 hours. Serve vegetable with the beef.

PEANUT COOKIES

2 tablespoons butter	$\frac{1}{2}$ teaspoon salt
1 cup sugar	$\frac{1}{2}$ cup milk
2 eggs, well beaten.	1 cup peanuts chopped
2 cups flour	$\frac{1}{2}$ teaspoon lemon juice.
2 teaspoons baking powder	

Cream the butter; add gradually, sugar, add well beaten egg. Mix and sift baking powder, salt and flour; add first mixture. Then add milk peanuts and lemon juice. Drop from tip of a spoon on a greased pan one inch apart. Place half peanuts on top of each. Bake 12 to 15 minutes in a slow oven.

ANGEL CAKE

7 egg whites	Few grains salt
1 cup granulated sugar	$\frac{3}{4}$ teaspoon cream of tartar
$\frac{3}{4}$ cup pastry flour	1 teaspoon Vanilla

Beat white of eggs until foaming; add cream of tartar and continue beating until they are stiff. Add the sugar gradually; by folding it into the egg mixture with a spatula or cake spoon, then fold in the dry materials, flour, salt, that have been sifted together four times. Lastly add vanilla to taste. Bake on greased tube pan from 45 minutes to one hour in slow oven, at a temperature of 300 to 325 degrees F.

—R. Albertella, Chef, Royal York Hotel, Toronto.

STUFFED TOMATO MENAGERE

Take a good size ripe tomato emptied. Make a stuffing with cooked meat; Beef, Veal or Pork chopped fine together with onions parsley. The tomato pulp; mixed with couple of eggs well seasoned; refill tomato with same stuffing, sprinkle bread crumbs over with a little butter, then bake. Serve with tomato sauce.

OMELETTE CHAMBERRY

Beat eggs with a little milk or cream, salt and pepper. Cut a potato in small dices, cook them in butter with little chopped bacon, add a fresh tomato, chopped parsley, grated cheese. Make the omelette usual way. By adding little chopped green onion to give a very good flavor.

H. Odiau, Chef, Banff Springs Hotel.

BRAISED SAVOY CABBAGE, PIEDMONTAISE

Take a medium size Savoy cabbage; scalled it in salted water for about 5 minutes, then cool it off in fresh water. Taking the leaves apart. Prepare a stuffing with sausage meat, chopped heart of cabbage with a little onion cooked in butter; mix with boiled rice, bread crumbs, parsley, eggs well seasoned. Then reform the cabbage by wrapping the same stuffing with the leaves. Braise the stuffed cabbage with sliced carrot, onion, celery if obtainable for about 1 hour and half.—H. Odiau, Chef, Banff Springs Hotel.

“KEEP SLENDER” SALAD DRESSING

1 yolk of hard boiled egg passed through sieve.	Salt.
$\frac{1}{2}$ teaspoonful French mustard.	Juice of $\frac{1}{2}$ lemon.
Dash of paprika.	A little vinegar.

Mix well together, add $\frac{1}{4}$ cup of cream. Service for four. This salad dressing can be used for any salad you desire to make.

At Frazer Lake, Northern B. C., the Guides themselves, under the leadership of Mrs. Sills, built a log Company Meeting House. The Guides come on horse back from five to ten miles to attend the Company meetings.

BANANA NUT CAKE

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|---|------------------------------------|
| 2 cups sifted flour. | 2 yolks of eggs. |
| 3 teaspoonfuls baking powder. | $\frac{3}{4}$ cup milk. |
| $\frac{1}{2}$ cup butter or shortening. | 1 teaspoonful vanilla. |
| 1 cup sugar. | 2 whites of eggs, whipped stiffly. |

SUNSHINE CAKE

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|--|------------------------------------|
| $\frac{3}{8}$ cup sifted flour. | 5 egg whites stiffly beaten. |
| $\frac{1}{2}$ teaspoonful cream of tartar. | 5 egg yolks beaten until thick and |
| $\frac{1}{4}$ teaspoonful salt. | lemon coloured. |
| $\frac{1}{4}$ cup sugar. | 1 teaspoonful flavouring. |
| $\frac{1}{3}$ cup water. | |

HOUSEWIFE'S STEWED KIDNEY

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|-----------------------------------|--------------------------|
| 1 lb. stewed kidney. | 2 cups water. |
| 1 carrot. | 2 teaspoonfuls flour. |
| $\frac{1}{2}$ medium sized onion. | 2 teaspoonfuls dripping. |

Scrape and slice carrot. Peel and slice onion. Cook together in two cups of water till tender. Soak kidney in water for one hour and drain clean and dry. Dredge with flour. Slice and brown in frying pan with dripping. Remove kidneys from frying pan. Add flour to fat and brown. Add to this two cups of water in which carrots and onions were cooked. Boil until thickened. Add kidneys, onions and carrots, and season with salt and pepper. Cook for three minutes and serve.

—From L. Rhode, Chef, Hotel Saskatchewan, Regina.

STRAND COCKTAIL

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|----------------------------|---------------------------------|
| Shrimps and crabflake. | 1 tablespoon of tomato ketchup. |
| $\frac{1}{2}$ lemon juice. | 1 tablespoon of mayonnaise. |
| 3 drops tabasco sauce. | 1 teaspoon of Worcester Sauce. |

STUFFED CHICKEN MELBA WITH PUREE OF FRESH MUSHROOMS

Fry in butter small quantity of minced onion and two or three chicken livers. When slightly cooked strain through a sieve and mix with 5 ounces of very finely chopped suet, add one raw egg, a little sage and a touch of thyme and mix with puree of mushrooms. Season with salt and pepper and stuff the boned chicken with the mixture.

STRAWBERRY PIE, PACIFIC STYLE

Crust bakes first, filled with ripe berries lightly covered with whipped cream, decorated with meringue just browned in hot oven.

HAZELNUT—HONEY CUSTARD PIE

Crust baked first, filled with following custard: 8 whole eggs, 5 ounces strained honey, 1 quart of milk, 1 teaspoonful of vanilla essence and 2 ounces of fresh filberts fried in butter beforehand. Bake in hot oven.

ORANGE FRAPPE, EXCELSIOR

Take 6 medium oranges, cut top off and take the interior out with tea spoon and extract the juice from it. Dissolve 2 leaves of gelatine and the juice from the oranges and 2 lemon juice, let it set and mix with whipped cream. Put back into the oranges and let freeze for $1\frac{1}{2}$ hours. Decorate the top with one or two natural leaves.

A. Bernhart, Chef, Hotel Vancouver, Vancouver, B. C.

Mrs. Rupert Guthrie, Provincial Badge Convenor, will be glad to hear from any one wishing information about badges. Canadian Girl Guide Office, 38 Arcade Bldg., Victoria, will reach her.

FISH

To serve fish frequently adds to our healthful foods. It supplies iodine, a preventive of the growth of the thyroid gland, known as goiter.

Fish spoils quickly so must be used very fresh. The flesh should be firm, free from strong odours and discolouration. The eyes should be bright and the gills firm.

Fish should never be put in the ice box with other food unless tightly covered.

FISH AND CHEESE SOUFFLE

Make a bechamel sauce, $1\frac{1}{2}$ tablespoonfuls of flour, 2 ounces of butter, $1\frac{1}{2}$ cups of milk, 4 yolks of eggs, pepper and salt to taste. Allow this to cook a few minutes, then add 4 tablespoonfuls of grated cooking cheese. 4 tablespoonfuls of shredded boiled white fish (cod or haddock). Allow this to cool and then add the well beaten whites of 4 eggs. Take out two tablespoonfuls of the mixture for the sauce. Butter a tin. Mould and cook in a bain-Marie on top of stove for half an hour. Then place the bain-Marie in the oven for half an hour longer, cover the top of your mould with a piece of buttered kitchen paper. To the sauce add half a cup of cream or milk, a little butter and season highly. Turn out the souffle and pour the sauce around. To be successful with the bechamel melt the butter, then stir in the flour, and lastly the yolks of the eggs, stirring it constantly. Ham can be substituted for the fish if desired.—*Mrs. W. E. Burns.*

LOBSTER FARCI

1 tablespoon chopped onion.

1 tablespoon butter.

Cook without browning, then add—

1 cup flour.

Pepper.

$\frac{1}{2}$ cup milk.

Salt.

Stir till thick, add—

1 tablespoon bread crumbs and lobster meat cut into dice.

1 teaspoon chopped parsley.

1 teaspoon lemon juice.

Yolk of 1 egg.

Put in ramekins. Cover with bread crumbs and small bits of butter, and brown.—*Mrs. E. F. Gunther.*

DEVILLED CRAB

1 cupful crabmeat picked from shells of well boiled crabs.

1 lemon juice.

2 tablespoonfuls fine bread crumbs (or rolled cracker).

$\frac{1}{2}$ teaspoon mustard, a little cayenne pepper and salt.

2 hard boiled eggs. Yolks chopped.

1 cupful good drawn butter.

Mix one spoonful of crumbs with chopped crab meat, yolks, seasoning and drawn butter. Fill scallop shells, large clam shells or small patty pans with the mixture. Sift crumbs over top. Heat to slight browning in quick oven.

—*Mrs. Broadbent.*

“On my Honour” is the corner-stone of Guiding, where properly led, and 99% of the girls try their best to live up to it.

BAKED OYSTER POTATOES

Before baking cut the potato open, scoop out a space in each side large enough to hold one or two small oysters. Season with a little salt and butter and tie in cheesecloth, or stick the pieces together with large toothpicks. Brush outside of potato with a little oil. Place in a baking dish with barely enough water to cover the bottom of dish and bake in a moderate oven (350 degrees) one hour.—*Mrs. L. D. Chesman.*

FISH MOULD

¾ lb. cooked fish	1 egg
2 ozs. bread crumbs	1 teas. anchovy
1 cup butter	1 teas. parsley
1 gill milk	Pepper and salt

Put fish, bread crumbs butter etc., into a basin, boil milk and butter and pour over fish for a few minutes. Beat egg and add when cool. Then turn into prepared mould and steam for ½ hour. Serve with sauce. To prepare mould, grease thoroughly and shake chopped parsley all over it.

—*Mrs. C. G. Frampton.*

SALMI OF COD

1 lb. cod	Pepper, salt
½ pint milk	Lemon juice
1 oz. butter	1 hard boiled egg
½ oz. flour	

Paste, 6 oz. flour, 2 oz. butter, 2 oz. lard, teaspoonful baking powder, cold water, crusts of bread, pinch of salt.

METHOD: Put the flour, butter and lard on to a baking board, roughly chop lard and butter into the flour, place all in a pastry bowl, add baking powder and salt, mix with sufficient cold water to make into a stiff paste, roll out.

Grease a flat dish, line it with pastry, place crusts of bread in centre of pastry, bake in a quick oven for ½ an hour. Put milk on to boil, wash, skin and dry fish, cut it up into rough pieces, place in hot milk, add salt and pepper, stew for 10 minutes; remove pieces of fish on to a hot dish, mix flour and butter, add to the fish stocks and stir until it boils, boil 3 minutes. Remove crusts of bread from pastry, place piece of fish in centre, pour sauce over, remove shell from egg, cut egg in slices, decorate the edge of pastry with the white, pass the yolk through a strainer over centre of pie.

—*L. A. Finglass.*

CRAB MEAT ST. JACQUES

¾ onion	paprika and one tablespoon of Wor-
½ green pepper.	cestershire sauce.
½ cup mushrooms	½ lb. crab meat
1 cup thick cream sauce with lots of	Grated cheese and butter

Finely chop onion, pepper and mushrooms and fry in butter. Add seasoned cream sauce and crab meat. Put into ramekins, sprinkle with cheese and butter and bake in hot oven (450 degrees) 15 minutes.

—*Mrs. J. G. A. Hutcheson.*

The training for a second class Brownie includes knots, crosses of the Union Jack, Nature Lore, sewing, darning, health and exercises.

SCALLOPED OYSTERS

1 pint oysters
½ teaspoon salt
Cayenne

2 cups buttered bread crumbs
1/3 cup oyster juice.

Strain the juice through a cloth. Pick over the oysters, removing pieces of shell, and clean by pouring cold water over them in a colander.

Place the oysters in two layers, using ¼ the amount of crumbs on the bottom of a buttered dish; ¼ more in the middle, and the remaining ½ on top of the dish. Add liquid before top layer of crumbs. Bake in a moderate oven 30 to 40 minutes.

—Mrs. F. McVickar.

FISH KEDGEREE

Equal quantities cooked fish and cooked rice, 1 hard boiled egg 1 oz. butter to ¼ lb. of each.

Melt butter and when hot but not brown, add rice and fish, and stir with a fork till well mixed; season with white pepper and salt. Pile roughly on hot dish; cut egg into pieces; take out yolk, place pieces of white round and rub yolk through sieve on top.

—Mrs. D. Gavin.

FISH DRESSING

1 cup stale bread crumbs.
1/8 tablespoon pepper.
1 tablespoon chopped parsley.
1 tablespoon chopped pickles or capers.

2 teaspoons butter, melted.
1/4 tablespoon salt.
f. g. cayenne.
1 tablespoon grated onion.

Mix crumbs and seasonings. Add melted butter; stir with a fork.

FRIED SMELTS

Clean smelts. Make a cut under the gills, remove intestines; sprinkle with salt; wash and dry; skewer in shape. Season; dip in flour or egg and crumbs. Fry in well greased frying pan 5 minutes. Drain; garnish with lemon and parsley or watercress; serve with Hollandaise or Sauce Tartare.

OYSTER COCKTAIL

12 oysters.
1 tablespoon lemon juice.
1/2 teaspoon grated horseradish.
2 teaspoons celery finely chopped.

2 tablespoons tomato catsup.
2/3 teaspoon Worcestershire sauce.
Salt.

Select small or medium-sized oysters; clean; add strained oyster juice. Add other ingredients, except celery. Chill thoroughly. Serve in cocktail glasses; sprinkle with celery, garnish with small pieces of green and red pepper or finely chopped parsley.

The training for a second class Brownie includes knots, crosses of the Union Jack, Nature Lore, sewing, darning, health and exercises.

FINNAN HADDIE

Select fish thick and heavy for its size. Soak 1 hour in cold water; drain.

To remove skin.—Place in pan, skin side up; put into hot oven; leave 10 to 15 minutes, when fish will be heated; lift out; remove skin; or, place in pan; cover with boiling water, keep just below boiling point 10 minutes; drain, remove skin.

Place on hot platter; pour over a rich white sauce; garnish with parsley.

FISH LOAF

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|--------------------------------------|---------------------------------|
| 2 cups cooked fish, flaked. | 1 cup soft bread crumbs. |
| $\frac{1}{2}$ teaspoon salt. | $\frac{1}{4}$ teaspoon paprika. |
| $\frac{1}{2}$ teaspoon grated onion. | 1 teaspoon lemon juice. |
| 2 eggs. | $\frac{1}{2}$ cup milk. |
| 1 tablespoon finely chopped parsley. | |

Mix all together; more milk may be needed if fish is dry. Turn into buttered mould, cover. Oven bake or steam until firm in centre—about $\frac{1}{2}$ hour. Serve hot with drawn butter or Hollandaise sauce, or serve cold on lettuce.

FISH SOUFFLE

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|------------------------------|----------------------|
| 3 tablespoons butter. | 3 tablespoons flour. |
| $\frac{1}{2}$ teaspoon salt. | Few grains cayenne. |
| $\frac{1}{2}$ cup milk. | 3 eggs. |
| 1 cup cooked fish, flaked. | |

Make white sauce; when thick, set back. Add yolks of eggs, well beaten and fish. Chill, fold in whites of eggs, beaten stiff. Turn into buttered baking-dish. Oven poach, or steam over gently boiling water 30 to 35 minutes—small moulds 20 minutes. Serve at once with drawn butter or tomato sauce.

WHITE FISH WITH TOMATO SAUCE

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| 2 pounds white fish. | $\frac{1}{2}$ tablespoon sugar. |
| 2 cups tomatoes. | 3 tablespoons butter. |
| 1 cup water. | 3 tablespoons flour. |
| 1 slice onion. | $\frac{3}{4}$ teaspoon salt. |
| 3 cloves. | $\frac{1}{8}$ teaspoon pepper. |

Cook twenty minutes tomatoes, water, onion, cloves, and sugar. Melt butter, add flour, and stir into hot mixture. Add salt and pepper, cook ten minutes, and strain. Clean fish, put in baking-pan, pour around half the sauce, and bake thirty-five minutes, basting often. Remove to hot platter, pour around remaining sauce, and garnish with parsley.

FISH BALLS

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|--------------------------------|----------------------------------|
| 1 cup salt codfish. | 1 egg. |
| 2 heaping cups potatoes. | $\frac{1}{2}$ tablespoon butter. |
| $\frac{1}{8}$ teaspoon pepper. | |

Wash fish in cold water, and pick in very small pieces, or cut, using scissor. Wash, pare, and cook potatoes, cutting in pieces of uniform size before measuring. Cook fish and potatoes in boiling water to cover until potatoes are soft. Drain thoroughly through strainer, return to kettle in which they were cooked, mash thoroughly and add butter, egg well beaten, and pepper. Beat with a fork two minutes. Add salt if necessary. Take up by spoonfuls, put in frying-basket, and fry one minute in deep fat.

Guides shake hands with the left hand and salute other Guides when in uniform.

FRIED CLAMS

Clean soft-shelled, fresh clams. Dry well and dip each clam in beaten egg, then in finely sifted bread crumbs. Fry in deep fat heated to 390 degrees for 1 minute. Drain on soft paper and serve at once. Oysters and Scallops may be fried by the same method. Cook scallops at 300 degrees for 3 minutes.

SALMON LOAF WITH TOMATO SAUCE

1 can salmon (large).	3 eggs.
$\frac{1}{2}$ cup rolled cracker crumbs.	Salt.
3 tablespoons melted butter.	Pepper.

Mix all together, pack in mould, and steam 1 hour. Serve with tomato sauce.

Tomato Sauce

1 tablespoon butter.	1 tablespoon flour.
$\frac{1}{2}$ can tomatoes.	1 bay leaf.
1 slice onion.	1 sprig of parsley.

Cook together 10 minutes, strain. Melt butter, and add flour, and pour on slowly, the stained tomato. Pour around salmon loaf just before serving. May be also used with meat or fish croquettes.

CRABMEAT A LA KING

3 tablespoons butter.	$\frac{1}{4}$ pound sliced mushrooms.
3 tablespoons flour.	1 pimiento.
$\frac{3}{4}$ cup chicken stock.	$\frac{1}{2}$ teaspoon salt.
$\frac{1}{2}$ cup milk.	1 egg yolk.
1 small tin crabmeat.	Dash pepper.

Melt the butter, add flour, and stir in gradually the chicken stock and milk. Stir constantly until it boils. Add the crabmeat, mushrooms, pimiento, salt and pepper. Just before serving, beat the egg yolk with fork, and add to crabmeat and stir until sauce thickens. Serve from chafing dish or on toast.

—Mrs. Rochfort, Victoria, B. C.

ESCALLOPED SALMON AND GREEN PEAS

1 pound canned salmon.	Salt and pepper.
Lemon juice.	Canned peas.
Buttered crumbs.	2 tablespoons butter.
2 tablespoons flour.	1 cup milk.

Remove bones and skin from salmon and flake it. Season with salt and pepper, and sprinkle generously with lemon juice. Butter the casserole and place a layer of fish, a layer of canned peas and a few buttered crumbs. Repeat until dish is full and finish with layer of crumbs. Pour over white sauce with above ingredients.

Guiding fills a girl's spare time and employs her restless energy. In a healthy company she learns to work hard and play straight.

SALMON MOULD

1 small tin salmon.
2 cups hot water.
Salt.

Pepper.
2-dessertspoons gelatine.
1 hard boiled egg.

Break up salmon and remove bones. Dissolve gelatine in hot water adding pepper and salt. Mix all together thoroughly. Wet a mould and place in slices of egg. Pour in mixture. Set. Serve with lemon juice. Garnish with cucumber, lemon, and tomato.

MILK BOILED FRESH HADDOCK FILLETS

One pound fillets—5 servings.

Clean bone and cut fish into servings. Place in frying pan with enough milk to cover; a small square of butter, pepper and salt. Boil until tender (about 20 minutes), and thicken with a flour paste. Serve at once.

GRILLED SARDINES ON TOAST

Drain sardines and cook in chafing dish until heated through, turning frequently. Place on dry toast and serve with Maitre d'Hotel butter. Garnish with slices of lemon, lettuce and paprika.

CREAMED SCALLOPED SALMON, WITH NUTS, PEPPERS AND OLIVES

Make a white sauce of $1\frac{1}{2}$ cups of milk, 3 tablespoons of butter, 3 tablespoons of flour, and $\frac{1}{2}$ teaspoon of salt and $\frac{1}{8}$ teaspoon of pepper. (Melt the butter, add the flour and seasonings and mix well. Add the milk slowly, stirring all the time till the sauce thickens). Flake up one can of choice canned salmon and add to it some fine-slivered green peppers; cook all together gently. Cut up ripe olives, not too fine, and add also. Remove from heat and add some chopped English walnuts. Put mixture in individual ramis cover with butter crumbs, and place in a pan of hot water in the oven till crumbs are browned. Temperature, 375 F. Celery, cut very fine, or celery salt may be added to this dish if desired.—Mrs. Claude Wilson, Chilliwack, B.C.

CRAB SALAD

2 fresh crabs.
1 small head celery.

1 small onion.
 $\frac{1}{2}$ green pepper.

Chop all fine, add salt and pepper; mix together with oil mayonnaise, seasoned with a small bit of garlic (if desired) and serve on crisp lettuce, with olives and cheesed crackers.—Mrs. C. H. Barker, Nanaimo, B. C.

In 1931 we had in this Province, 117 Company Camps, 19 Group Camps, and 3 Ranger Camps, as well as 2 Training Camps.

FROSTINGS and FILLINGS

BOILED FROSTING

1 cup sugar. Whites of 2 eggs.
1 teaspoon vanilla or $\frac{1}{2}$ cup water.
 $\frac{1}{2}$ teaspoon lemon juice.

Make same as White Mountain Cream. This frosting, on account of larger quantity of egg, does not stiffen so quickly as the White Mountain Cream, therefore, is more successfully made by the inexperienced.

BUTTER ICING

2 tablespoons butter. 1 cup icing sugar (or more).
2 tablespoons milk Cream Fruit Juice, or Strong Coffee flavouring.

Cream the butter with 2 tablespoons sugar, and add the liquid gradually. Sift in sugar to make it thick enough to spread. Add flavoring.

Variations

1. $1\frac{1}{2}$ tablespoons cocoa (use milk or cream as the liquid).
2. $\frac{1}{2}$ square chocolate. (Melt chocolate over hot water)—add hot milk or water as the liquid.
3. Fruit, such as crushed strawberries, cherries and grated pineapple, may be added with the fruit juice; flavor with lemon juice.

ALMOND ICING

1 pound shelled almonds. 4 yolks of eggs.
1 pound icing sugar. 1 teaspoon rosewater.
 $\frac{1}{2}$ teaspoon bitter almond flavouring.

Blanche almonds, and put through the grinder. Work to a paste, add unbeaten yolks, flavouring and sugar gradually. Work until very smooth; more sugar may be added if needed. Sprinkle pastry board with icing sugar, place icing on it and roll out to required shape. Moisten top of cake with cold water, press icing on it. Let stand twenty-four hours then frost the cake.

MARSHMALLOW ICING

$\frac{3}{4}$ cup sugar. $\frac{1}{4}$ cup milk.
 $\frac{1}{4}$ pound marshmallows. 2 tablespoons hot water.
 $\frac{1}{2}$ teaspoon vanilla.

Heat sugar and milk slowly; stir until sugar is dissolved. Boil five minutes. Break marshmallows in pieces, place in top of double boiler; add hot water, heat till smooth. Add syrup, stirring constantly. Beat till cool, add vanilla and spread on cake.

Girl Guiding has a double meaning. To some it means to have fun in playing the games of the Girl Guides, and to others, the fun of "playing the game" of Guiding Girls.

SEVEN MINUTE ICING

2 egg whites.
1 1/2 cups sugar.
1/2 teaspoon vanilla.

1 tablespoon light corn syrup.
5 tablespoons water.

Combine unbeaten egg whites, sugar, corn syrup and water in top of double boiler. Beat constantly with dover egg beater over boiling water until icing is fluffy and holds its shape, about 7 minutes. Remove icing from hot water and add vanilla. Mix well, and spread on cake at once. This icing is desirable when cake is to be served immediately, but it does not keep well.

MOCHA FROSTING

1/3 cup butter.
1 1/2 cups confectioner's sugar.

Coffee infusion.
1 tablespoon breakfast cocoa.

Cream butter, and add sugar gradually, continuing the beating; then add cocoa and coffee infusion, drop by drop until of right consistency to spread or force through a pastry bag and tube.

NUT CARAMEL FROSTING

1 1/2 cups brown sugar.
1/3 cup water.
1/4 cup white sugar.

Whites 2 eggs.
1 teaspoon vanilla.
1/4 cup broken walnut meats.

Boil sugar and water as for White Mountain Cream. Pour gradually, while beating constantly, on beaten whites of eggs, and continue the beating until mixture in pan of boiling water, and cook over range, stirring constantly, until mixture becomes granular around edge of pan. Remove from pan of hot water and beat, using a spoon, until mixture will hold its shape. Add nuts and vanilla, pour on cake, and spread with back of spoon, leaving a rough surface.

WHITE MOUNTAIN CREAM

1 cup sugar.
1/3 cup cold water.
White 1 egg.

1 teaspoon vanilla or
1/2 teaspoon lemon juice.

Boil sugar and water until it will thread when dropped from tip of spoon. Pour syrup over beaten white of egg very gradually, beating constantly, and continue beating until of right consistency to spread. Add flavoring and spread on cake.

BROWN SUGAR ICING

Put a little brown sugar and milk in a saucepan and bring to a boil. Add a piece of butter the size of a nut, and sufficient icing sugar to make it the right consistency to spread.

CHOCOLATE CONFECTIONERS' FROSTING

2 teaspoons hot water.
1 egg white.
2 cups confectioner's sugar.

2 squares chocolate.
1 teaspoon vanilla.

Add water to stiffly beaten egg white, then about 1/2 of sugar. Add chocolate, melted, vanilla and remainder of sugar to make of right consistency to spread. Beat thoroughly.

There are in British Columbia 4,943 Guides. Why not join us?

UNCOOKED ORANGE FROSTING

1 cup powdered sugar.
1 egg yolk.

1 orange (juice and rind).
2 tablespoons melted butter.

Add half the sugar and the butter, and mix well. Stir in beaten egg yolk, orange rind and juice, and add the rest of the sugar. Stir until smooth and creamy, about 15 minutes.

FRUIT ICING

1 egg white.
 $1\frac{1}{2}$ tablespoons strawberry or other
juice.

$1\frac{1}{2}$ cups confectioner's sugar.

Put unbeaten egg white in shallow dish and with wire whip, beat in the sugar a little at a time. Add the fruit juice and spread on cake.

CHOCOLATE BUTTER FROSTING

$\frac{1}{2}$ cup butter.
2 cups powdered sugar.

3 squares melted chocolate.

Mix ingredients together well, and spread on cake.

ALMOND PASTE

$\frac{1}{2}$ pound ground almonds.
 $\frac{3}{4}$ pound castor sugar.

2 eggs.
1 teaspoon orange flour water.

Beat yolks of two eggs and white of one. Put almonds, sugar, and eggs into saucepan over low fire, stir until a paste, add flavoring.

PEANUT MOCHA ICING

$\frac{1}{2}$ cup Eagle brand milk.
2 tablespoons peanut butter.

1 tablespoon strong coffee.
 $1\frac{1}{2}$ cups sifted confectioner's sugar.

To Eagle brand milk add coffee and peanut butter. Blend well. Add gradually sifted confectioners' sugar, or icing sugar, until right to spread.

ORNAMENTAL FROSTING

3 egg whites.
1 tablespoon lemon juice or

8 drops acetic acid.
1 pound icing sugar.

Put unbeaten whites into a large bowl, sift in icing sugar and beat vigorously with wooden spoon. Add flavouring and beat until stiff. (Test—Cut through the icing with a knife; if stiff enough it holds its shape). More sugar may be required.

Note.—This icing is suitable only for decorating with pastry tubes.

CHOCOLATE GLAZE

Melt chocolate over hot water; and pour over iced cake. If a boiled frosting has been used, allow frosting to cool and set. To prevent chocolate becoming grey, cool it slightly before pouring over cake, then let harden slowly.

Guiding brings the opportunity and recognition of public service, the average girl is keenly willing to do public service where it is directed.

WHIPPED CREAM FILLING

1 cup cream.
Salt.

$\frac{1}{4}$ cup fruit sugar.
 $\frac{1}{2}$ teaspoon vanilla.

Beat cream until stiff, add fruit sugar gradually, then add salt and flavoring.

NUT OR FRUIT FILLING

To whipped cream filling, butter icing or boiled frosting, add— $\frac{1}{2}$ cup chopped fruit—dates, raisins or figs; or $\frac{1}{2}$ cup chopped walnuts or almonds.

DATE FILLING

$\frac{1}{2}$ pound dates.
 $\frac{1}{2}$ cup sugar.

1 cup water.

Wash and stone dates. Add water and sugar and cook until mixture is quite thick, cool. Chopped nuts may be added.

CREAM FILLING

3 tablespoons cornstarch.
Pinch salt.
1 egg.

5 tablespoons sugar.
1 cup heated milk.
 $\frac{1}{2}$ teaspoon vanilla.

Mix cornstarch, salt and sugar. Add hot milk; cook in double boiler, stirring constantly until thick and continue cooking for fifteen minutes. Add egg, beaten slightly; cook until it thickens. Remove from heat, cool slightly and flavor.

CHOCOLATE CREAM FILLING

$1\frac{1}{2}$ tablespoons cornstarch.
6 tablespoons sugar.
 $\frac{3}{4}$ ounce chocolate.
 $\frac{3}{4}$ teaspoon vanilla.

Pinch salt.
 $\frac{3}{4}$ cup milk,
1 yolk of egg.

Make as cream filling; melt chocolate over hot water and add to thickened mixture.

COCOANUT CREAM FILLING

2 tablespoons cornstarch.
Salt.
1 egg.
 $\frac{1}{3}$ cup shredded or freshly grated
cocoanut.

5 tablespoons sugar.
1 cup heated milk.
 $\frac{1}{2}$ teaspoon vanilla.

Make as cream filling; and add cocoanut to thicken mixture.

LEMON FILLING

2 tablespoons cornstarch.
 $\frac{1}{2}$ cup boiling water.
2 egg yolks.
Grated rind of 1 lemon.

$\frac{1}{2}$ cup sugar.
1 tablespoon butter.
3 tablespoons lemon juice.

Mix cornstarch and sugar, add boiling water. Cook, stirring constantly until thick, continue cooking for 10 minutes. Add butter and egg (beaten slightly). Cook until egg thickens, remove from heat, and add juice and rind of lemon.

The lemon juice may be cut down to $\frac{1}{2}$ tablespoon and the juice of $\frac{1}{2}$ an orange added.

Guiding is strictly non-sectarian. However, a large percentage of the Guide Companies are connected with churches of all denominations.

MEATS and POULTRY

TIME TABLE FOR ROASTING

- Chicken—20 minutes to pound.
Turkey—3 hours to 10 pounds.
Goose—3½ hours to 10 pounds.
Duck—1½ hours to 2½ pounds.
Wild Duck—25 to 30 minutes per pound.
Fish—15 minutes to pound.
Veal—25 minutes to pound.
Beef—6 to 10 pounds, 8 to 10 minutes per pound; less than 6 pounds, 13 minutes; well done, add 15 to 20 minutes.
Mutton—15 minutes per pound.
Lamb—20 minutes per pound.
Pork—30 minutes per pound.

DINNER COMBINATIONS OF VEGETABLES AND MEATS

Turnips, carrots and cabbage can be served with Roast Beef.
Baked apples, and turnips can be served with Roast Pork.
Green peas and carrots with mint sauce can be served with Roast Lamb.
Cauliflower and parsnips can be served with Roast Veal.
Peas and parsley sauce can be served with Fish.
Turnips can be served with Tenderloin and Fresh Ham.
Tomatoes can be served with Smoked Ham.
Cabbage can be served with Pickled Pork, Corn Beef, Sausage.
Spiced jelly may be served instead of pickles.

MEAT LOAF

1 lb. hamburger.
1 tin tomatoes.
Cracker crumbs.

1 egg.
Seasoning.
Strain tomatoes and use only the pulp.

Mix thoroughly meat, tomato pulp, egg, crumbs, salt and pepper. Add a little Worcester or tomato sauce. Pat into a loaf and bake in a moderate oven for one hour.—*Mrs. A. K. Mayne, 3325 Princess St., Burnaby, B. C.*

CHICKEN MOUSSE

Soak a rounded tablespoonful of gelatine in ¼ cup of cold water and add 1 cup of hot chicken stock that has been strongly seasoned with salt, pepper and paprika. Then add 1 cup of chicken cut in dice, let cool. When it begins to congeal fold in 1 cup of cream beaten until stiff. Celery or capers can be added and pimento. Serve with mayonnaise or boiled dressing or mix the two, on lettuce leaves or lettuce cut right through head. Then serve with potato chips and olives on plate and hot rolls.—*Mrs. Goodwin Gibson.*

The Guides of Greater Vancouver celebrated the 21st birthday of Guiding on May 28th, 1932, with a rally. 1,600 Guides and 500 Brownies were on the field.

BRESLAU OF BEEF

Cut as much underdone cold meat as required. Put it through a mincing machine, and mix with fine bread crumbs (half the quantity of beef). Season with one teaspoonful of chopped parsley, $\frac{1}{2}$ ounce thyme, 2 ounces butter, $\frac{1}{2}$ cupful very good gravy or cream, a high seasoning of nutmeg (if liked), salt, cayenne, mace, and two eggs. Grease a mould and put in the mixture; bake about $\frac{3}{4}$ hour. Turn out and send to table with a plentiful supply of brown gravy.—*Mrs. D. P. Ames.*

PLANKED HAM STEAK DINNER

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| 1 slice ham, $\frac{3}{4}$ inch thick. | 2 eggs. |
| 1 cup fruit juice. | 2 cups mashed potatoes. |
| $\frac{1}{4}$ cup milk. | 4 small parboiled green peppers. |
| 2 tablespoons butter. | 4 small red apples, cored and baked. |

Score the fat around ham. Broil for 10 minutes without turning, basting several times with fruit juice. Then remove to heated plank or oven glass baking platter broiled side down. Add milk, butter and eggs to mashed potatoes. Beat thoroughly. Season to taste and, with pastry bag or spoon, fill peppers. Arrange round ham with apples. Return to oven to heat through and brown ham and potatoes. Garnish with watercress or parsley.

Yield: 5 servings.

STUFFED BREAST OF VEAL

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| 4 pounds breast of veal. | $\frac{1}{2}$ teaspoon thyme. |
| $\frac{1}{4}$ pound fat salt pork. | $\frac{1}{2}$ teaspoon allspice. |
| 1 cup bread crumbs. | Pepper and salt. |

Have a pocket made in the veal by the butcher. To make the stuffing, put the pork through the meat grinder and mix it with all the other ingredients. Stuff the pocket with the mixture and roast in a hot oven (450 degrees F.) for ten minutes before basting. Then baste every few minutes until the meat is properly roasted. Allow about eighty minutes for roasting.

—*Mrs. R. E. Mennie, Burnaby, B. C.*

JUST THE THING FOR BUSY DAYS OVEN COOKED SOUTHERN CHICKEN

Chicken adapts itself to all kinds of casseroles. Cooked in milk and judiciously seasoned is the recipe for the following combination:

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| 1 large stewing chicken. | $\frac{1}{3}$ cup fat. |
| $\frac{1}{2}$ cup thin cream. | Paprika. |
| 4 tablespoonfuls chopped celery. | Salt. |
| $\frac{1}{2}$ cup sliced carrots. | Few drops onion juice. |
| $\frac{1}{2}$ cup milk. | Flour to dredge chicken. |
| 1 teaspoonful parsley. | Pepper. |
| Sage. | |

Have chicken disjointed as for frying. Season with salt and pepper and a dash of paprika. Roll in flour and brown quickly in the fat. Then place in baking dish. Add celery and carrots, milk, cream, onion juice, parsley and sage. Cover dish tightly and bake in hot oven (400 degrees F.) for about 2 hours or until chicken is tender. When done uncover and brown top. Add more milk while cooking if necessary. Serve from the baking dish. Chicken may be cooked in the morning, for 1 hour, placed in refrigerator, and an hour before dinner returned to oven to finish cooking. This will serve from five to six persons.—*Mrs. L. D. Chesman.*

The average girl is going to take advice and many examples of habit and principles from older girls outside her own family. The Guider gives advice in the form of an older sister.

HAMBURG FOR MONDAY

To 1 pound hamburger steak add 1 beaten egg, $\frac{1}{2}$ teaspoonful salt, $\frac{1}{8}$ teaspoonful pepper and $\frac{1}{4}$ teaspoonful poultry seasoning. Mix thoroughly and then blend with 1 cup bread crumbs and $\frac{1}{2}$ cup milk. Put a layer of thinly sliced raw potato in a greased baking dish. Cover with a layer of the hamburger, then one-third of onion sliced thin. Pour in milk to cover and bake in moderate oven (350 degrees F.) until the potatoes are tender, about 1 hour. Serve with cheese or tomato sandwiches and a crisp vegetable salad. This amount will serve four.

SALMON CURRY IN RAMEKINS

2 cups canned red salmon.	1 teaspoonful curry powder.
1 cup milk.	Cayenne.
Parsley.	1 teaspoonful salt.
2 tablespoonfuls fat.	Few bread crumbs.
2 tablespoonfuls flour.	1 bunch cooked carrots.
Juice of $\frac{1}{2}$ lemon.	1 beaten egg.

Make a cream sauce of the fat, flour and milk. Stir in the curry powder, then the drained salmon, from which all bone and skin have been removed. Season with cayenne and salt to taste. Add beaten egg and lemon juice. Grease ramekins or patty pans and fill with mixture. Place 2 pieces of carrots which have been halved, then quartered, on top of each individual ramekin. Sprinkle tops with few bread crumbs. Bake 25 minutes in moderate oven (350 degrees F.) Serve immediately, garnished with parsley. This quantity will fill eight ramekins.—*Mrs. L. D. Chesman.*

PORK CHOP ITALIENNE

Long cooking improves the following combination:

6 loin pork chops.	1 teaspoonful salt.
2 cups soft bread crumbs.	1 tablespoonful chopped onion.
$\frac{1}{2}$ cup canned corn.	2 tablespoonfuls melted fat.
2 teaspoonfuls chopped green pepper.	1 egg.

Brown the pork chops first in a little hot fat, then arrange them in a shallow roasting pan. Mix the crumbs, corn, onion, seasoning, green pepper, butter and beaten egg. Heap some of the mixture on each chop. Pour in sufficient water to just cover the bottom of the pan. Bake 1 hour in moderate oven (375 degrees F.) Make thick brown gravy and serve with Hubbard squash baked at the same time. This serves three or six according to size of chops.—*Mrs. L. D. Chesman.*

BEEF GALANTINE

$\frac{3}{4}$ lb. lean stewing beef.	6 ounces of fat bacon.
1 breakfast cup of bread crumbs.	2 eggs and little stock or gravy.
1 dessertspoonful each of chopped parsley and onions.	$\frac{1}{4}$ teaspoonful mixed spice, salt and pepper.

Put beef and bacon through mixer, add bread crumbs, chopped parsley and onion. Then add eggs slightly beaten and enough stock to make a soft mass, but not too moist. Form into a roll, put in pudding cloth and boil for 2 hours. When cooked take out and retie cloth tighter. Put on it a heavy weight and when cold glaze.—*Mrs. C. G. Frampton.*

POTTED MEAT

2 $\frac{1}{2}$ lbs. of round of steak.	1 lb. of raw ham.
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Cut up into small pieces and put in double boiler with pepper and salt to taste. Stew for 3 hours then strain through a sieve. Put all the meat through a mincing machine then mix with the gravy. Put into small pots and when quite cold pour on melted butter.—*Mrs. E. Bernuff Clegg.*

A northerly Guide Camp was held at Charlie Lake last year, and the Williams Lake Guides travelled one hundred miles to their camp at Talka Lake.

MARROW PATTIES

Prepare some puff paste cases, and fill them with a ragout of marrow prepared as follows: Take a beef marrow bone, split it, remove the marrow, scald the latter and keep it in cold water till wanted. Take one and a half gills of brown sauce, one very finely chopped eschalot, half an ounce of glaze and a wineglass of sherry and boil together till reduced to half the quantity, then add the marrow having first cut it up in small dice shapes, a dust of coralline pepper and a teaspoonful of chopped parsley; put it aside till cold, then use.—*Mrs. W. E. Burns.*

PRESSED VEAL

3 lbs. thick end of veal. 8 peppercorns.
1 lb. pork sausage meat or pork. 3 eggs (hard boiled).
 $\frac{1}{2}$ lb. bacon.

Take veal bones, put in saucepan with 3 quarts water, salt, parsley and thyme, and peppercorns. Bring to boil. Put the boned veal on a board spread over it the sausage meat, then eggs cut in halves, then more sausage. Roll it up, tie in a cloth, put in pan on top of bones, etc., boil 4 hours. Take out, tighten up cloth, put on a dish with heavy weight. Leave till cold and glaze.—*Mrs. C. G. Frampton.*

HOT POT

$2\frac{1}{2}$ lbs. of scrag end neck of mutton. 1 onion.
 $\frac{1}{2}$ lb. of beef kidney. 4 lbs. of potatoes.
1 carrot.

Prepare the vegetables. Potatoes wash, peel and cut up, onion peel, carrot scrape, cut up the meat, put in dish with layer of vegetables, layer of meat alternately until the dish is full. Add one pint of water, pepper and salt, bake for 3 hours.—*Miss Lucy Clegg.*

FRICANDEAU OF VEAL

4 pounds of the fillet of veal. 1 carrot.
1 onion. 1 bay leaf.
1 stalk celery. 1 turnip.
2 sprigs parsley. $\frac{1}{4}$ pound larding pork.
1 teaspoon salt.

Cut the larding pork into lardoons, and lard the fillet thickly over one side. Clean vegetables and cut them in slices and put them into a braising or baking pan with the bay leaf, salt and parsley. Lay the fricandeau on the top of these with larded side uppermost, and pour around it 1 quart of stock or water. Put lid on braising pan and bake in moderate oven two hours, basting four times. When done, dish the fricandeau and make a sauce as follows: 1 tablespoon butter, 2 tablespoons flour, 1 tablespoon Worcestershire sauce, 1 tablespoon mushroom catsup. Put butter in frying pan and stir over the fire until a very dark brown; then add the flour, mix and strain the liquor from braising pan into this—which should be one pint—if not add stock or water. Stir constantly until it boils. Take from the fire, add the sauce and catsup, salt and pepper to taste. Pour around the fricandeau and serve.—*Mrs. T. W. B. London.*

VEAL CUTLETS

Slices from the leg or chops.

Dip cutlets in flour, egg and bread crumbs. Brown well in plenty of fat. Remove to shallow baking pan. Make gravy of remaining fat. Pour over cutlets. Bake $\frac{3}{4}$ of an hour in a moderate oven. This may be prepared in the morning and reheated in time for dinner.—*Mrs. Douglas Fischen.*

Learning to tie knots is practice for using the mind and hands at the same time.

ENGLISH HAM LOAF

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| 2 eggs. | 1½ cups milk. |
| 1 cup dry bread crumbs. | 1 tablespoon onions. |
| 1½ pounds uncooked ham, ground. | ¼ teaspoon pepper. |
| 1½ pounds lean beef or veal, ground. | 2 cups thin tomato sauce. |
| 1 tablespoon green pepper. | |

Beat eggs slightly, combine with milk, and add bread crumbs. Grind together ham, beef, onion and green pepper. Combine the two mixtures, add pepper and beat until thoroughly mixed, then shape into a loaf and place in a baking dish. Bake in a moderate oven for 30 minutes, pour off any fat in the dish and add tomato sauce, pouring it around the loaf; stick a few cloves over the top and return loaf to the oven for one hour longer. Serve loaf on a deep platter surrounded with the tomato sauce.—*Mrs. L. D. Chesman.*

FRENCHED TENDERLOIN

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| 2 tenderloin. | 1 egg. |
| Bread crumbs. | |

Cut tenderloin into thick slices, stand on ends and pound. Dip in beaten egg then in crumbs. Brown quickly in a plentifully greased frying pan, then cook slowly for 30 minutes.—*Mrs. Kinlock, Vancouver Island, B. C.*

VEAL LOAF

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| 3 pounds veal, chopped. | 1 egg. |
| ¾ cup cracker crumbs. | 1 tablespoon parsley. |
| 1 tablespoon chopped onion. | Salt and pepper. |
| 2 tablespoons butter or dripping. | ½ cup boiling water. |

Mix all and pack in greased mould. Bake in moderate oven 1 hour. Serve hot with tomato sauce (strained and thickened with flour and water). Pour this over loaf.

CURRIED BEEF (MADRAS WAY)

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| 2 ounces butter. | 2 small onions (sliced). |
| ½ to 2 tablespoons curry powder. | 1 lb. beef. |
| ¼ pint of milk. | |

Take butter and place in pan with onions. Fry until a light brown, then add curry powder and mix up well. Have the beef cut into pieces about 1 inch square; pour in milk and let it simmer 30 minutes. Put on a dish; sprinkle with lemon juice, and serve surrounded with mashed potatoes or boiled rice.

MOCK DUCK

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| 1½ pounds round steak. | 1½ cups bread crumbs. |
| 1 teaspoon chopped parsley. | 1 teaspoon summer savory. |
| ½ teaspoon salt. | ⅛ teaspoon pepper. |
| ½ tablespoon chopped onion. | 1½ melted butter (tablespoons). |

Trim bone and superfluous fat from meat. Wipe with damp cloth; spread on board. Mix crumbs and seasonings; add melted butter. Spread crumbs over meat, roll up, tie in shape. Place in roasting pan; pour around meat 2 tablespoons dripping melted in 1 cup boiling water. Cover tightly, cook in a moderate oven 1½ to 2 hours; uncover last half hour of cooking. Serve with brown gravy.

A Guide smiles and sings under all difficulties. When she is given an order she should obey it cheerily and readily, not in a slow, hangdog sort of way and sing even if she dislikes it.

STUFFED TENDERLOIN

2 large tenderloins.
1 cup stale bread crumbs.
¼ teaspoon salt.

2 teaspoons chopper parsley.
1 tablespoon melted butter.
Few grains cayenne.

Trim and wipe tenderloins, and slash three or four times lengthwise, so that they may be spread out about ¾ inch thick. Sprinkle with salt and pepper, and spread one piece with dressing. Place the other tenderloin over this, tie securely or sew along edges, and place in moderate oven 45 to 60 minutes. Baste every 10 minutes with 1 tablespoon dripping in ½ cup boiling water. The dressing may be seasoned with sage and onion.

—Miss Gwladys Davies.

BROWN GRAVY

2 tablespoons fat.
1 cup stock or boiling water.
Few grains pepper.

3 tablespoons flour.
½ teaspoon salt.

Add flour and seasonings to fat, in the pan in which meat was cooked. Stir over heat until the flour is browned. Add the boiling water or stock, and cook until thick. Strain.

LIVER AND BACON

Take one pound of calve's liver sliced; wash and dip in flour and roll together with bacon; cook in casserole with one can of tomatoes or tomato juice to which has been added a little sliced onion, salt and pepper. Cook slowly in oven for about two and a half hours. Serve with boiled rice.

—Mrs. Sholto Smith.

MIDNIGHT OMELET

4 slices bacon.
2 tablespoons chopped onion.
3 oz. can mushrooms.
6 eggs.

½ cup milk or cream.
Salt.
Pepper.

Chop bacon fine and cook with chopped onion in frying pan until slightly browned. Cut mushrooms into quarters or slices and cook with bacon and onion about 5 minutes. Beat eggs slightly with a fork, add milk or cream and season with salt and pepper. Add to mushroom mixture and cook slowly until eggs are done—set, but not too firm. Turn out on plates and garnish with thin slices of toast cut in fancy shapes. This is a delicious dish for a late supper.—Miss Gwladys Davies.

JELLIED VEAL

1 hind shank veal.

1 hind shank pork.

Put in pot with salted boiling water, add one onion chopped fine. Boil till meat falls from bones (this will take two or three hours), shread with a fork, add salt and pepper and a little cloves. Let stand till cold, and remove any fat. Return to fire and boil again before putting into moulds. Line your moulds with hard boiled egg. Delicious for luncheons or evening meals.

—Mrs. C. H. Barker, Nanaimo, B. C.

The Provincial Headquarters for Canadian Girl Guides is in Victoria, B. C., at 38 Arcade Bldg., View Street.

CREAMED SWEETBREADS

3 prs. sweetbreads (25 people). 2 tablespoons flour.
Salt. 1 cup milk.
2 tablespoons butter.

Prepare sweetbreads by picking off membrane and objectionable parts. Stew in double boiler about twenty minutes in salt water until tender enough to stick a fork in easily. Place in cold water and then cut in small pieces. Make creamed sauce with the flour, butter and milk, season highly with salt and paprika, and pour over sweetbreads. These are delicious served in pate shells, or on strips or toast. A little veal may be added to make the sweetbread go farther. This can all be prepared the day before, and when needed, set in pan of hot water on stove. This prevents them from burning, and will be ready to serve at any time. Variations of chicken, mushroom, pimento, etc., may be added to give a different flavor.

CHICKEN SOUFFLE

1 cup cooked chicken (minced). Few grains cayenne.
 $\frac{1}{2}$ cup soft bread crumbs. 1 teaspoon lemon juice.
 $\frac{1}{2}$ teaspoon salt. 2 tablespoons cream.
Few grains pepper. 2 eggs.

Mix chicken, cream, crumbs and seasonings, and add well beaten egg yolks. Fold in stiffly beaten whites, and turn into greased mould. Cover with greased paper; steam over gently boiling water 40 to 50 minutes. (If in individual moulds, steam 20 to 25 minutes). Unmould, serve with vegetable sauce. This may be baked in oven instead of being steamed, and served in baking dish.

MUSHROOM SAUCE

For Beefsteak

3 tablespoons flour. 2 tablespoons fat.
 $\frac{1}{2}$ teaspoon salt. 1 cup stock or boiling water.
Few grains pepper. $\frac{1}{2}$ cup mushrooms.

Add flour and seasonings to fat, in the pan in which the steak has been cooked. Stir over heat until the flour is browned. Simmer mushrooms cut in small pieces, in one cup water, until tender, and add them and their stock to the sauce.

STUFFING FOR POULTRY

$2\frac{1}{2}$ cups bread crumbs. Few grains pepper.
 $2\frac{1}{2}$ tablespoons melted butter. 1 tablespoon chopped parsley.
1 teaspoon savory or thyme. Small onion, chopped fine.
1 teaspoon salt.

Add crumbs to melted butter, mixing with a fork. Add seasonings. If a moist dressing is preferred, add $\frac{1}{4}$ cup hot milk. Oysters or chestnuts may be cut up and added if desired. This stuffing is for chicken or turkey. In dressing a duck or a goose, use sage instead of savory.

Miss Eleanor Butler, Eagle Owl, will be glad to give any assistance to Brown Owls in relation to Brownie work. Letters addressed to Provincial Guide Office, 38 Arcade Bldg., View St., Victoria, B. C., will reach her.

PASTRY

PIE PASTE

3 cups flour. 1/2 teaspoon salt.
1 cup butter and lard. Water, very cold.

Sift flour and salt into mixing bowl. Work in shortening with fingers, but do not mix too finely. Add cold water to make a very dry dough and chill. Roll out when needed.

DELICIOUS CRUMBLY CRUST

6 dessertspoons flour. Vanilla.
5 dessertspoons brown sugar. 2 dessertspoons butter.

Mix all together. Have a deep dish filled with apples, sliced and partially cooked and sweetened. Spread over top and bake. (Can also put on top of apple pie).

PUFFED PASTRY

1 pound flour (4 cups). 1 cup liquid.
1 pound butter (2 cups).

Part of the shortening is cut into the flour, or, if two kinds are being used, cut the lard in. Then add the water, to make into a dough. Divide the butter into three equal parts, and cut each part into small equal pieces. Let the pastry chill a few minutes before rolling, then roll out 1/4 inch thick and distribute the butter over half the pastry, and fold the other half over, keeping the edges even. Fold over 3 or 4 times, then roll out 1/4 inch thick again. Distribute the second third of the butter. Fold out in layers, and if the pastry softens, chill again. Roll out the third time, and distribute the remainder of the butter and fold as before. Roll out and fold again, from 1 to 4 times. Puffed pastry is best if allowed to rest before being made up.

GENERAL RULES FOR PUFFED PASTRY

1. Use only the best materials.
2. Have everything as cold as possible, and keep the dough and the shortening of the same consistency and hardness.
3. A quick way of chilling pastry, is to put it in a dish of ice and salt, cover, and have ice above and below the pastry.
4. When rolling out pastry, use as little flour on the board as possible, with little or no pressure on the rolling pin.
5. Don't let the pin roll over the edge, and roll only in one direction.
6. Never turn the pastry over.
7. When folding the pastry, keep the edges even, and the corners rectangular.
8. From time to time, lift pastry from board to prevent stretching.
9. Pastry is better if kept over night. To do this, roll in a greased paper, and put in a covered crock over night.
10. To bake puffed pastry, use a hot oven, with a stronger under heat than upper at first. When puffed, lower the temperature, and let it cook and dry out.

Be of good courage, and of a quiet mind; for Divinity is everywhere present.

PUFFED PASTRY TART SHELLS

Tart shells not shaped in muffin tins, require puffed pastry mixture. Roll the puffed pastry to about $\frac{1}{4}$ inch thick. Cut it into rounds. Cut the centre out of half the rounds, leaving a rim. Moisten the edge of the round which have not the centre cut from them, and lay the ring on top of these. Place in baking pans, and chill well. If the pastry puffs up in the centre while baking, crush it down before it cools. Fill with desired filling. The rounds cut from the centre, may be cooked separately and used with creamed chicken. These may be made with two rings on top of the first round, and served with creamed chicken, etc., as pate shells.

CHALLENGE LEMON PIE

Heat in double boiler:

Juice of 1 lemon. 3 tablespoons water.
Rind of 1 lemon, and orange if desired $\frac{1}{2}$ cup of sugar.

Beat yolks of 3 eggs; add pinch of salt; stir into liquid. When thickened, fold in whipped egg whites to which $\frac{1}{3}$ cup sugar has been added. Pile into baked shell and brown slightly.

I prefer a short pastry for the lemon pie:

1 pound flour. $\frac{1}{2}$ pound lard softened.
Small spoon salt. 1 tablespoon butter.
 $\frac{1}{2}$ teaspoon baking powder.

Rub the shortening well into the flour and mix with water. Bake at once.—Mrs. J. Saunders.

BUTTER TARTS

3 tablespoons butter. 1 cup brown sugar.
1 cup raisin. $\frac{1}{2}$ teaspoon vanilla.
3 tablespoons flour. 1 egg.
1 tablespoon milk or water. $\frac{1}{2}$ teaspoon baking powder.

Cream the butter, add the sugar, beaten egg, and beat all together well. Sift in the flour and baking powder. Add the liquid vanilla and raisins. Fill unbaked tart shells $\frac{2}{3}$ full, and bake.

RAISIN PIE

$1\frac{1}{2}$ cups raisins. 1 lemon, juice and grated rind.
1 cup sugar. 1 cracker.

Wash raisins, cover with boiling water; let stand 10 minutes, then drain, stone if necessary. Add sugar, lemon and cracker, finely rolled. Bake between two crusts 30 to 35 minutes.

BUTTERSCOTCH PIE

1 egg. 2 tablespoons butter.
1 cup brown sugar. $1\frac{1}{2}$ cups boiling water.
2 tablespoons flour. 1 teaspoon vanilla.

Beat egg, add brown sugar, butter, and flour. Beat all to a cream and add the boiling water gradually. Let boil until thick, and add the vanilla.

FRUIT PIES

When making a pie of any juicy fruit, such as cherry (rhubarb, or berries, if the bottom crust is sprinkled with minute tapioca before putting in the fruit, it will absorb the juice, and thus prevent it from coming through and sticking to pie plate, without destroying the flavour or appearance in any way.

One of the most valuable branches of Guide work is with invalid and physically deficient children. Post Guides and Post Brownies, with whom correspondence is carried on.

Preserves, Pickles, and Relishes

BLACK CURRANT JAM

To 2 pounds of currants, add 4 pints of water. Boil for $\frac{3}{4}$ of an hour, then add 6 pounds of sugar. Boil for 5 minutes.—*Mrs. Dallas Perry.*

VEGETABLE MARROW JAM

Cut up marrow into rounds, peel it and scoop out the inside, then cut into cubes about $\frac{1}{2}$ to 1 inch long. To each pound of fruit put 1 bare pound of sugar. To 5 pounds of fruit and sugar add 2 lemons thinly sliced and 3 tablespoons of whole ginger broken into small pieces or bruised. Let all soak together for 24 hours, then boil till jam begins to syrup—an hour anyway.

—*Mrs. Dallas Perry.*

GREEN GOOSEBERRY JELLY

Float two quarts of green gooseberries in water; boil to pulp, strain through cheesecloth; take 1 cup juice to 1 cup sugar and boil till it jells. (Keep one cup of sugar out and add just before putting into jars).

—*Mrs. D. Gavin.*

VEGETABLE MARROW CREAM

4 lbs. marrow (peeled).

6 to 8 lemons (juice and rind).

4 lbs. sugar.

$\frac{1}{2}$ lb. butter.

Boil marrow, strain and mash. Add sugar, lemon and butter. Boil together until it thickens. Bottle.—*Mrs. L. M. Voitkevich, Nanaimo, B. C.*

DELICIOUS JAM

1 can grated pineapple.

3 oranges.

2 lemons.

4 apples.

Cut lemons, oranges and apples in sections, remove the seeds and put through food chopper. Combine this chopped fruit with pineapple, measure and add equal amount of sugar. Heat slowly to boiling point, then boil for 20 minutes. Turn into jelly glasses and cover with hot paraffin. If apples are small, use 6 instead of 4. This should make about 15 glasses of jam. It is nice to have on hand when unexpected company drops in for tea.

—*Mrs. Lukin Johnston, London, England.*

APPLE CHUTNEY

1 large apple.

$\frac{1}{2}$ oz. ground ginger.

$\frac{1}{4}$ lb. onions.

1 oz. garlic.

1 lb. raisins.

$\frac{1}{4}$ oz. cayenne pepper.

1 lb. sultana raisins.

1 lb. brown sugar.

2 oz. salt.

1 pint vinegar.

Peel, core and chop the apples and chop up the raisins, onions and garlic. Boil them in the vinegar. When quite soft, add the rest of the ingredients; boil well and put into jars.—*Mrs. K. J. Gale, Saanich.*

QUINCE HONEY

5 lbs. sugar.

2 tablespoons vinegar.

5 quinces.

1 qt. water.

Put 5 large quinces (peeled) through food chopper. Boil sugar and water, then add quince and vinegar. Boil 20 minutes without stirring. Let stand till cold before bottling.—*Mrs. R. F. Arnett, New Westminster, B. C.*

Mothers wishing information about Guide or Brownie uniforms, may write to the Provincial Girl Guide Office, 38 Arcade Bldg., Victoria, B. C., or the Girl Guide Office, Province Bldg., Vancouver, B. C.

SPANISH PICKLE

Four large heads cabbage, 2 dozen green peppers, $\frac{1}{2}$ peck onions. Remove the seeds from peppers, chop them with the onions and cabbage, add 3 cups salt and let stand 24 hours. Drain, let stand on back of stove in weak vinegar about 1 hour; drain and cover with the following spiced vinegar, which has been heated; 6 quarts vinegar, 3 lbs. brown sugar, one cup mustard, 2 cups mustard seed, $\frac{1}{2}$ cup celery seed, 1 cup horseradish, 2 tablespoons tumeric, 1 tablespoon white pepper, 1 tablespoon cinnamon, 1 tablespoon allspice, 1 tablespoon ginger. Ready for use in a few days.—*Mrs. C. C. Phelps.*

PEPPER PICKLE

1 doz. red peppers. 1 doz. onions.
1 doz. green peppers.

Remove seeds from peppers and put through grinder. Pour boiling water over and let stand 15 minutes. Strain through fine sieve and add 5 cups white sugar, 1 pt. vinegar, 2 dessert spoons salt, 1 oz. mustard seed. Boil until tender and bottle when cold.—*Mrs. H. McCulloch.*

TOMATO CHUTNEY

3 lbs. tomatoes (skinned). 2 tablespoons salt.
 $2\frac{1}{2}$ lbs. apples (peeled and cored). 1 tablespoon white pepper.
2 large onions. 1 tablespoon ground ginger.
1 lb. brown sugar. $\frac{1}{2}$ bottle vinegar.

Boil all together 1 hour and bottle.—*Mrs. A. K. Mayne, Burnaby, B. C.*

DRESSING

2 qts. vinegar. $\frac{1}{2}$ cup mustard seed.
 $2\frac{1}{2}$ lbs. white sugar. 1 tablespoonful celery seed.
 $\frac{1}{2}$ oz. tumeric.

Bring the above to a boil. Combine all vegetables. Pour the dressing over. Cook for about 10 minutes or until clear.

Note—Celery must be chopped quickly and added just before the dressing.
—*Mrs. H. McCulloch.*

A NEW METHOD OF CANNING GREEN BEANS (Very Special)

1 cup salt. 1 pint water.
1 cup sugar.

Place ingredients in a saucepan and boil for two minutes, add a sufficient quantity of sliced green beans to remain covered with the liquid. Boil for three minutes, then put into hot sealers as for fruit.

A pinch of baking soda may be added to improve the color of beans, if desired. When needed for use, place in a colander and well wash, then boil for 15 minutes in plenty of water.—*Mrs. C. F. Carter, Burnaby, B. C.*

PEPPER HASH OR RELISH

One dozen each large green and ripe peppers, 15 medium size onions; chop, and turn over boiling hot water; drain at once, then cover with cold water; let come to a boil; drain; add 1 quart vinegar, $1\frac{1}{2}$ cups sugar, 3 tablespoons salt; boil up together and can while hot.—*Mrs. C. C. Phelps.*

CHERRY OLIVES

Take large ripe cherries, wash and leave about one inch of stem on them, fill pint sealer full. Put one tablespoonful salt over cherries. Then add half cup vinegar. Fill with water and seal.

Serve as olives with bread and butter or as pickles.—*Mrs. R. N. Fraser.*

Brownies give a girl opportunities of service. She learns to be on the lookout to help anyone and everyone.

GREEN TOMATO CONSERVE PICKLE

Six quarts green tomatoes (small and round), peel and boil until tender in salted water. Take out of water and put on large platter to drain. Stick whole cloves in tomatoes, number according to size about 4 to 6 in each.

Make thick syrup of 4 lbs. granulated sugar and 1 quart of vinegar. Stick cinnamon and whole cloves. Put drained tomatoes in crock, pour boiling syrup over them. Let stand 3 days, then reheat.

Pears, peaches and crabapples can be done the same way, only omit salt and let simmer on back of stove in syrup.—*Mrs. Goodwin Gibson.*

FRUIT RELISH

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|---------------------------|----------------------------------|
| 30 ripe tomatoes. | 4 cups sugar. |
| 6 peaches. | 2 tablespoons salt. |
| 6 pears. | 1 qt. vinegar. |
| 2 bananas chopped finely. | 5c worth mixed spice (in a bag). |
| 3 red peppers. | |

Cook all for 2 hours.—*Mrs. H. McCulloch.*

GREEN TOMATO MINCEMEAT

Wash and chop fine peck of green tomatoes. Drain them free from all water. Add 6 lbs. of sugar. Boil for 4 hours. Then add 3 lbs. stoned and chopped raisins, 1 tablespoon allspice, 1 oz. cloves, $\frac{1}{2}$ grated nutmeg and a level tablespoon of salt. Boil all together for $\frac{1}{2}$ hour, stirring thoroughly. Then seal hot in jars.—*Mrs. J. Coupland, Trail, B. C.*

SALTED CHERRIES

Royal Ann cherries not over ripe; wash well in cold water, using only those with stems; 1 level tablespoon of salt, $\frac{1}{4}$ cup white wine vinegar; fill quart jar with cherries, pour in vinegar when salt is dissolved and fill up with cold water and seal. A nice relish.—*Mrs. Edward Carter.*

OLD ENGLISH MINCEMEAT

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| 1 lb. suet. | 5 lbs. apples. |
| 2 lbs. raisins. | 3 lbs. sultanas. |
| $\frac{3}{4}$ lb. peel. | 2 $\frac{1}{2}$ lbs. brown sugar. |

1 teaspoon each cinnamon, allspice, salt, cloves (more spices may be added if desired).

Scrape suet, chop apples and peel very fine. Mix altogether thoroughly and seal in sterilized jars.—*Mrs. Don Munday.*

PEAR CONSERVE

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| 4 lbs. ripe pears. | 2 lemons. |
| 3 lbs. sugar. | 3 oranges. |
| 1 lb. raisins. | 1 cup English walnuts. |

Peel, core pears and cut into small pieces. Peel oranges and lemons and put peel through fine food chopper. Cut oranges and lemons into small pieces. Mix all ingredients except nuts. Boil till thick and pears are transparent. Add nuts. Bottle and seal.—*Mrs. R. F. Arnett, New Westminster, B. C.*

PICKLES

6 lbs. green tomatoes, 6 lbs. onions, cut up fine (2 cauliflower), cut in pieces, 2 cups sugar, $\frac{1}{2}$ cup mixed spices, (2 tablespoons mustard), mixed in water, (2 teaspoons black pepper), 1 teaspoon tumeric powder, $\frac{1}{2}$ teaspoon savory, $\frac{1}{2}$ teaspoon salt: cut up and leave in brine over night; drain in the morning and cover with vinegar, boil 20 minutes.

—“77th I.O.D.E. Guide Co., Nanaimo, B. C.

Guiding is a recreational education, carried on, to a large extent, in the great healthy school of the Out-of-doors.

SOUPS

LENTIL SOUP

Soak $\frac{1}{2}$ lb. of lentils for 12 hours and then wash them in 3 changes of water.

Put them in a saucepan with 3 pints of cold water and bring them to the boil. Skim the water. Add 2 onions peeled and sliced, 2 small carrots scraped and chopped, 3 sprigs of parsley and head of celery sliced, peppercorns, cloves and mace. Boil for 1 to $1\frac{1}{2}$ hours.

Pour the soup through a sieve and mash the vegetables through. Blend 1 oz. flour and 1 oz. butter in the saucepan, and, when hot, add gradually $\frac{1}{2}$ pint of milk, then the soup and seasoning. Boil all together, serve with fried croutons of bread.

This soup is very nourishing, and is good on a cold day.

—Mrs. K. J. Gale, *Saanich, B. C.*

SCOTCH BROTH

3 lbs. mutton or runner of beef. 5 quarts cold water. 1 teacupful pearl barley, well washed in cold water. Vegetables. A nice fresh marrow bone makes as good broth as either beef or mutton.

Method: When water is hot put in beef and barley. Let water boil, then put in 1 teaspoonful salt. This causes the scum to rise. Skim. Add 1 small turnip, cut into dice; 3 leeks, cut small; 1 small carrot, cut into dice; 1 dessertspoonful moist sugar, salt and pepper to taste. Let boil for a few minutes with lid off. Quarter of an hour before ready add 1 carrot grated, and if possible a good tablespoonful minced parsley. Cook very slowly and be careful to skim occasionally. Boil 3 hours, taking meat out when cooked, and reheating at last.

Do not add onions; they have too strong a flavour. If cabbage is added it must be young and fresh.—*Elizabeth M. G. Gumley.*

TOMATO SOUP

To one quart of tomatoes add one pint of cold water, a very small onion, salt and black pepper to taste, one tablespoon of sugar and a scant teaspoon celery seed. Boil all together until tomatoes are well cooked. Strain through a fine sieve. Let the strained soup come to a boiling point and thicken with flour and water rubbed smooth. Then add a pinch of bi-carbonate of soda. Then add a cup of milk.

If you serve croutons with the soup and fry them in butter, do not add butter to soup, but if you do not use butter in the croutons, add a good tablespoon of butter to the soup before serving and chopped parsley if you wish.

—Miss Emma Thompson.

CREAM OF ONION SOUP

Peel and chop 6 medium-sized onions. Cook in 2 tablespoonfuls of butter for 5 minutes, stirring constantly. Add 3 cups of water, cook until soft (45 minutes). Strain, reserve liquor, rub pulp through strainer, then add to liquor. Melt 3 tablespoonfuls of butter, add 4 tablespoonfuls of flour, stir until well blended, then add gradually, stirring constantly, 2 cups of milk, salt and pepper to taste, then mix with stock.—*Margaret Hutton.*

Guiding fills a girl's spare time and employs her restless energy. In a healthy company she learns to work and play straight.

TOMATO SOUP (Extra Good)

2 lbs. tomatoes.
14 stalks celery.
14 sprigs parsley.
21 cloves.

7 onions.
Boil together for $\frac{1}{2}$ an hour, then strain.

Boil together for $\frac{1}{2}$ an hour, then strain.

2 small cups flour.
 $\frac{1}{2}$ lb. butter.
12 teaspoonfuls salt.

1 teaspoonful pepper.
One-eighth red pepper (not paprika).
1 $\frac{1}{2}$ cups of sugar.

Mix second mixture together then add to first. Boil all together. Put in sealers when hot. When serving, add $\frac{1}{2}$ milk or $\frac{1}{2}$ water.

—*Bessie Grant Bingay, of Trail, B.C.*

VEGETABLES

A GOOD WAY OF USING UP COOKED VEGETABLES

To Be Served Hot

Cold vegetables.
 $\frac{1}{2}$ oz. cheese.
Cold sauce.

Seasoning.
Lump of butter.

Any kind of vegetables and any kind of cold sauce. Cut up vegetables small (except peas or beans). Mix with sauce and season. Turn into a gratin dish. Grate the cheese, sprinkle on top; add butter. Cook till browned.

—*Mrs. J. W. Pickin.*

WALDORF STYLE STUFFED POTATOES

Cut 4 baked potatoes in half lengthwise with a sharp knife. Scoop out inside carefully in order not to break the shells. Put pulp and 2 hard-boiled egg yolks through sieve or ricer. Add 2 tablespoons melted butter, 4 tablespoons grated cheese, and stir in 3 tablespoons milk. Season with salt, pepper and paprika. Whip until fluffy, then refill potato shells, brush tops with melted butter. Return to a moderate oven until nicely browned. Serve at once.

—*Miss Amy Leigh, Burnaby, B. C.*

BOSTON BAKED BEANS

Pick over 1 quart of beans, wash and soak in cold water over night. Put $\frac{1}{2}$ lb. salt pork in bottom of pot, put the beans in and 1 teaspoon mustard, mixed with a little water, 1 teaspoon pepper, 2 teaspoons salt, $\frac{1}{4}$ cup molasses and 1 onion chopped fine, and then add water to just cover. Bake slowly all day; add water as it cooks out.—*Mrs. Edward Carter.*

Guiding brings the opportunity and recognition of public service. The average girl is keenly willing to do public service where it is directed.

SALADS and DRESSINGS

CLUB SALAD

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| 12 medium sized potatoes. | 1 medium-sized onion. |
| 1 large can boneless chicken. | $\frac{1}{4}$ cup vinegar. |
| 1 large can tuna fish. | $\frac{1}{4}$ cup salad oil. |
| 1 bunch celery. | Lettuce. |
| 1 small head cabbage. | 2 cups mayonnaise. |

Boil potatoes in salted water, peel, and chill. Cut chicken in cubes, break up the tuna fish. Wash and cut celery in small pieces, chop cabbage and onion very fine. Combine celery, onion and cabbage. Cover with cold water and chill thoroughly. When cold and crisp, drain off water and add vinegar and oil. Cube the potatoes and add with cabbage mixture to chicken and tuna fish. Add salt and pepper to taste and combine with mayonnaise. Arrange shredded lettuce on salad plates, put salad mixture in center and garnish with small sweet pickles. This will serve 25.—*Ellen Dockerill, Trail, B. C.*

SPICED APPLE SALAD

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| 1 cup sugar. | $\frac{1}{4}$ cup chopped walnuts. |
| 1 cup water. | Mayonnaise. |
| 1 cup cinnamon drops ("red hots") | 6 or 8 apples. |
| 1 cup cottage cheese. | |

Heat sugar, water and cinnamon drops slowly until candy is dissolved. Pare and core apples, place in syrup, cover and cook *very* slowly until tender but not broken. The apples will be bright red. Turn once during cooking so that they will not become mushy on the bottom. Remove carefully from the syrup and allow to cool. Chill thoroughly and fill centers with cheese and nuts mixed with enough mayonnaise to moisten. Arrange on crisp lettuce, or other green, and serve with mayonnaise. This is a very colorfull salad for a holiday luncheon.—*Ellen Dockerill, Trail, B. C.*

FLORIDA SALAD

Soak two tablespoons gelatine in 2 cups of cold water. Dissolve in $\frac{1}{2}$ cup boiling water, add—

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| 1 cup ginger ale. | 2 tablespoons sugar. |
| $\frac{1}{4}$ cup lemon juice. | |

When mixture begins to set fold in—

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| $\frac{1}{3}$ cup malaga grapes, halved and stoned. | $\frac{1}{3}$ cup apples cut fine. |
| $\frac{1}{3}$ cup celery cut fine. | 2 tablespoons preserved ginger cut fine. |
| | 4 tablespoons shredded pineapple. |

Turn into mold. Serve on bed of shredded lettuce with mayonnaise.

—*Mrs. E. F. Gunther.*

PUMPKIN SALAD

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| 1 qt. cottage cheese. | $\frac{1}{2}$ cup thick cream. |
| 4 yolks hard boiled eggs worked into paste. | Or mayonnaise and grated carrot if not yellow enough. |

Mold into form of pumpkin lanterns, stick bits of pimento or beets to mark eyes and mouth. Serve on lettuce leaf.

—*Mrs. Norman Musgrave.*

Guides shake hands with the left hand and salute other Guides when in uniform.

MAYONNAISE DRESSING

3 egg yolks.	1 large can evaporated milk.
1 dessert spoonful sugar.	$\frac{1}{4}$ cup olive oil.
Make mustard, salt and pepper to taste.	$\frac{1}{4}$ cup vinegar.

Beat yolks together, add gradually, olive oil, then vinegar, then the other ingredients. Mix thoroughly. Bring to boiling point, then cool, stirring frequently while cooking. This will keep indefinitely.—*Mrs. A. J. Moxon.*

QUICK MAYONNAISE

1 teaspoon powdered sugar.	$1\frac{1}{2}$ tablespoons lemon juice.
$\frac{3}{4}$ teaspoon salt.	$1\frac{1}{2}$ tablespoons vinegar.
$\frac{1}{8}$ teaspoon cayenne.	$1\frac{1}{2}$ cups salad oil.
$\frac{1}{4}$ teaspoon mustard.	(Mazola, Wesson or Olive).
2 egg yolks.	

Mix dry ingredients. Add egg yolks. Beat till thick. Then add lemon juice and vinegar, using a dover beater. Beat in oil a tablespoonful at a time, beating well between each addition. When stiff, add one tablespoon boiling water. Beat well. If well covered this will keep a long time in a cold place.

—*Mrs. Douglas Fiskien.*

SALAD DRESSING—FOR SANDWICHES

1 yolk egg hard boiled.	1 teaspoon mustard.
1 teaspoon sugar.	Dash of Cayenne.

Mix and add small tablespoon vinegar and dash of Worchester sauce. Mix altogether and add it to three-quarters cup whipped cream.—*Mrs. F. W. Tiffin.*

CREAM SALAD DRESSING

1 heaping teaspoon corn starch.	$\frac{1}{2}$ cup sugar.
$\frac{1}{2}$ teaspoon mustard.	1 beaten egg.
Pepper and salt.	

Beat all together with egg beater.

Add—

1 cup milk.	1 teaspoon butter.
$\frac{1}{2}$ cup vinegar.	

Stir well together and cook in double boiler until thick.—*Elsie Frost.*

BOILED SALAD DRESSING

$\frac{1}{2}$ cup sugar.	1 teaspoon salt.
Scant tablespoon flour.	A few grains of cayenne.
Scant tablespoon mustard.	

Mix together. Beat 1 egg and add to dry ingredients. Then add $\frac{1}{2}$ cup vinegar and 1 cup milk. Set in boiling water and stir until it thickens. Cook a few minutes, take off stove and add a teaspoon of butter. If vinegar too strong dilute.—*Mrs. T. R. Pearsen.*

SANDWICHES

HOT SANDWICHES

Cut bread and butter thin, spread with the following:

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| 1 hard boiled egg. | Cayenne pepper and salt to taste. |
| 2 tablespoons grated cheese. | Moisten with melted butter. |
| 2 tablespoons chopped celery. | |

Dip sandwiches in beaten egg and fine bread crumbs. Fry golden brown in butter or Crisco. Serve hot.—*Mrs. E. F. Gunther.*

PIMENTO SANDWICH SPREAD

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| 4 pimentos cut fine. | 1 teaspoon salt. |
| ½ lb. cream cheese. | Pinch cayenne pepper. |
| Cook following in double boiler until thick and mix with above: | |
| 1 tablespoon flour. | ½ cup sweet cream. |
| 1 tablespoon sugar. | (Nuts may be added if desired). |
| 3 teaspoons vinegar. | |

This makes 35 to 40 sandwiches. Will keep in jar in cool place.

—*Mrs. Norman Musgrave.*

School Child's Lunch

- 1 egg sandwich on whole wheat bread.
- 1 raisin sandwich on white bread.
- 3 plain cookies.
- 1 orange.
- Milk or Bovril.
- 1 minced meat sandwich on white bread.
- 1 sliced tomato with salad dressing on brown bread.
- 1 apple.
- 1 piece of cake.
- Milk.
- 1 cream cheese sandwich with chopped nuts on rye bread.
- 1 plain lettuce sandwich with salad dressing on white bread.
- 1 banana.
- 3 oatmeal cookies.
- Milk or cocoa.

Mrs. David C. Hay.

THE CARE OF CUT FLOWERS

Cut flowers from the garden, if placed at once in well filled pails of tepid water, and allowed to stand thus (in a cool place) for about two hours before being arranged in vases or bowls, will remain fresh for a longer time than if they are arranged immediately after cutting. In the case of perennials, roses or hard wooded shrubs, it is advisable to slit up the stem for an inch or so, to enable them to take up the amount of water they require.

—*Mary S. Fyfe Smith.*

POT POURRI

Gather about a peck (equal to two gallons) of petals from sweet scented roses, spread the petals on clean paper or cloths in a dry place, and turn every day till they are thoroughly dry. As the summer advances, add to this store, the heads of clove pinks, sprays of Lavender, sweet-scented Verbena and Lemon Thyme. When these are thoroughly dried place them in a large mixing bowl and add one ounce of bruised cloves, one ounce of bruised coriander seeds, one ounce of powdered orris root, a little bergamot, two grains of musk (optional), half a pound of bay salt, and a quarter of a pound of brown sugar. Mix these ingredients well together and then place in a large jar.

A small bottle of good Lavender water may be poured over the mixture. Stir thoroughly several times for a week, and then put into pot pourri bowls.

—*Mary S. Fyfe Smith.*

SUNDAY NIGHT SUPPERS or LUNCHEONS

Ham with Pineapple	Tomato and Cucumber Salad	Sweet Potato Puffs
Olives	Hot Rolls	Stuffed Celery
Chocolate Cake		Coffee
Chicken a la King	Hot Tea Biscuits	Cream Potato Rolls
Currant Jelly	Ice Cream Chocolate Sauce	Dill Pickles
Caramel Cake		Coffee
Hamburg Loaf	Stuffed Tomato Salad	Scalloped Potatoes
Cheese Tarts	Brown Bread	Coffee
Lobster a la Newburg	Moulded Grapefruit Salad	Potato Chips
Ripe Olives	Whole Wheat Bread	Pickled Beets
Pineapple Cream	Macaroons	Coffee

These are the recipes for the menu.

HAM WITH PINEAPPLE

2 lbs. ham.

2 cups crushed pineapple.

Have a ham cut thick (about $\frac{3}{4}$ inch), brown both sides lightly in frying pan; remove to a baking dish; spread with the drained pineapple and surround with the juice; cover and bake in moderate oven until tender; uncover the last half hour.

Bake $1\frac{1}{2}$ hours. Serves 6 or 8.

HAMBURG LOAF

1 pound hamburg steak.

1 carrot.

2 onions.

1 can tomato soup.

1 cup bread crumbs.

1 egg.

Salt and pepper.

Slice onions and carrots thin; mix with steak, crumbs and egg; place in a greased pan; pour over it the soup which has been diluted with 1 can of water.

Bake $1\frac{1}{2}$ hours. Serves 4.

CHICKEN A LA KING

4 or 5 pound chicken.

1 pimento.

$\frac{1}{2}$ cup butter.

1 green pepper.

4 tablespoons flour.

2 egg yolks.

2 cups chicken broth.

Salt and pepper.

1 cup cream.

Mushrooms (if desired).

Disjoint chicken; season; cover with boiling water; simmer until tender; remove meat from bones and cut in cubes; heat the butter and add the flour; stir until blended. Add the hot stock and cream; cook until thickened, stirring constantly. Add the chicken and pimento and pepper; cut in fine strips just before serving. Add eggs mixed with some of the liquid; season to taste. Mushrooms salted may be added if desired. Serves 8.

—Mrs. Lapsley.

LOBSTER A LA NEWBURG

- | | |
|-------------------------------|---------------------------------|
| 2 cups lobster meat. | $\frac{1}{2}$ teaspoon salt. |
| 1 cup thin cream. | $\frac{1}{8}$ teaspoon paprika. |
| 2 egg yolks (beaten lightly). | Dash of nutmeg. |
| 2 tablespoons butter. | |

Put the butter in a pan with the salt and paprika. When melted add the lobster; stir, cooking slowly for 3 minutes, then add the cream, nutmeg and yolks mixed together; stir slowly until thickened. Serve with lemon.

MOULDED GRAPEFRUIT SALAD

- | | |
|----------------------------------|-----------------------------------|
| 2 tablespoons gelatin. | 1 cup sugar. |
| $\frac{1}{4}$ cup cold water. | 3 cups grapefruit pulp and juice, |
| $\frac{1}{2}$ cup boiling water. | fresh or canned. |
| 3 tablespoons lemon juice. | |

Soak gelatin in cold water 5 minutes, then dissolve in boiling water; add sugar and cool. Add lemon juice and grapefruit; let stand until mixture begins to thicken; mix well and turn into individual moulds. Chill until firm. Serve on crisp lettuce with mayonnaise dressing. (Can be made the day before using).

STUFFED TOMATO SALAD

- | | |
|--|------------------------------|
| 8 medium sized, firm tomatoes. | $\frac{1}{2}$ teaspoon salt. |
| 1 package lemon Jello. | 2 cups celery. |
| 1 pint boiling, strained tomato juice, | Apple and stuffed olives. |
| made from tomato centres. | |

Wash tomatoes, remove a thin slice from the stem end and scoop out the centers; place the tomatoes upside down in a cool place until ready to fill. Dissolve the Jello in the boiling tomato juice, add salt, chill. When slightly thickened fold in celery and apple which have been cut fine and olives sliced; fill the tomatoes with the mixture; chill until firm. To serve cut tomatoes in quarters. Arrange on crisp lettuce. Garnish with stuffed olive and mayonnaise.

—Mrs. Lapsley.

CHEESE TARTS

- | | |
|-----------------------------|--------------------------------|
| $\frac{1}{2}$ cup currants. | $\frac{3}{4}$ cup brown sugar. |
| 1 egg. | Salt, cinnamon and vanilla. |

Put into uncooked pastry shells and cook until golden brown. Makes 8 big or 12 small tarts.

Cream Potato Rolls

Mould creamed potatoes in small log shapes and roll in bread crumbs and toast in the oven until light brown.

SWEET POTATO PUFFS

- | | |
|-------------------------------|-----------------------------|
| 2 cups mashed sweet potatoes. | Salt and pepper (to taste). |
| 1 egg (beaten). | 8 marshmallows. |

To the mashed potatoes add the egg, pepper and salt. (A little milk may be necessary if mixture is too dry). Mould into 8 balls with marshmallow in the centre of each. Roll in crushed corn flakes. Fry in Crisco or lard to a crisp brown. Drain on soft paper and serve at once.

MAPLE SURPRISE

- 1 cup maple syrup.

Bring to a boil. Take off the stove and add the yolks of 2 eggs. Heat until it will coat a spoon. 1 tablespoon gelatin soaked in $\frac{1}{2}$ cup cold water. Add this to the above mixture. Set to cool. Then add white of eggs (beaten stiff) and 1 cup of whipped cream. Serve in sherbet glasses, topped with rosette of cream and cherry.

—Mrs. Lapsley.

CAMP COOKERY

ROASTING OR BAKING

To cook eggs, potatoes, corn, etc., in a most delicious way, is to cover them with a thick layer of wet mud and bury them in hot ashes. The ashes do not need to be red hot for they need a slow, thorough cooking. Eggs done this way will take between 10 and 15 minutes. Medium sized potatoes will take about 40 minutes. Corn on the cob will take about 30 minutes. Be sure to leave the husks on the corn when cooking.

INDIAN BACON AND EGGS

Heat a flat stone over the fire and support it by two green logs or rocks. When the stone is hot, place strips of bacon on it in the form of a triangle or square and when the fat has greased the stone, drop an egg in the centre. They will all stick together in the cooking, and by picking up one piece of bacon the whole may be turned. A slice of bread with a hole in the centre may be placed in the bacon triangle and the egg dropped in the hole and fried in the same manner. A circle of biscuit dough may also be used to surround the egg and be cooked with it.

DAMPERS

2 cups flour.
1 teaspoon salt.

4 teaspoons baking powder.
3 tablespoons shortening.

Carry the dry ingredients and shortening ready mixed, in a bowl or paper bag. Moisten with water to form a soft dough. Trim bark off green (maple) sticks and hold in fire until sap is burned off. Knead the dough and then roll around the sticks and bake over the fire. When removed from sticks, the hole may be filled with jam or butter.

CHEESE DREAMS

Have sandwiches of bread and butter with a slice of kraft cheese between. Fry in dots of crisco. Eat while hot and gooey.

ANGELS ON HORSEBACK

Cubes of cheese, each wrapped with a slice of bacon, and toasted on end of a green stick.

RING-TUM-DIDDY

1 can corn.
1 can tomatoes.
3 onions, sliced.
1/4 lb. bacon.

1/4 lb. cheese.
Salt.
Pepper.
Toast.

Fry bacon and add sliced onions. Fry. Add tomatoes and corn and season to taste. Just before serving add grated cheese. Serve on hot toast. (This is sufficient for patrol of eight girls.)

KABOBS

Stick one end of slice of bacon on green stick, then a dice of onion. Pierce bacon again, put on a cube of steak (about 1 inch) and bring other end of bacon over steak and onto stick. Toast over the fire. Dice of potato may be added.

FISH CAKES

Cold mashed potatoes.
1 egg (for every 4 or 5 persons).
1 can salmon.

Dash of sauce.
Salt.
Pepper.

Mix potatoes, salmon, sauce and egg with pepper and salt to taste, and bring already mixed. Form into small cakes, brush with milk and roll in bread crumbs. Fry in fat or crisco.

CAMP MENUS

Arranged by
Miss F. P. Hansford, Dietician, "Home Service Department"
CANADIAN CANNERS (WESTERN) LIMITED
Vancouver, B. C.

(1)

BREAKFAST

Orange Tomato Juice
Oatmeal
Bran Flakes
Bacon
Toast Marmalade
Tea Milk

DINNER

Hot Meat Balls and
Spanish Sauce
Spinach New Potatoes
Peach Tapioca
Bread and Butter
Lemonade

SUPPER

Clam Chowder
Lettuce and Tomato
Salad and
Cheese Squares
Fresh or Canned
Loganberries
Bread and Butter
Cookies
Tea Milk

(2)

BREAKFAST

Banana Tomato Juice
Wheat Flakes
Scrambled Eggs
Toast Honey
Tea Milk

DINNER

Irish Stew
(New carrots and po-
tatoes, onions, peas)
Raspberry Charlotte or
Shortcake
Bread and Butter
Milk

SUPPER

Creamed Devilled Eggs
and Green Peas
Green Apple Sauce
Hot Gingerbread
Bread and Butter
Tea Milk

(3)

BREAKFAST

Stewed Prunes and
Lemon
Cream of Wheat
Pancakes with Syrup
or Bacon
Toast
Tea Milk

DINNER

B. C. Salmon
(Pan broiled—Lemon
Slices)
Buttered Green Beans
Potatoes
Jellied Apricots
Bread and Butter
Beveridge

SUPPER

Cream of Tomato Soup
Cold Sliced Corned
Beef
Mixed Vegetable Salad
Hashed Brown Potatoes
Raspberries
Bread and Butter
Tea Milk

Campfire—Cocoa and Biscuits

PEACH TAPIOCA

2 cans peaches (2½'s size). 2 teaspoons butter.
3 cups tapioca (2 c. minute tapioca). 6 eggs.
8 cups milk. 1 teaspoon salt.
1 cup sugar.

Cook tapioca and salt in hot milk till clear, stirring frequently. Blend egg yolks, butter and sugar till creamy and pour into tapioca. Cook until it begins to thicken. Remove and whip in beaten whites. Cool and pour over peaches. Apples and other fruit may be used.

JELLIED APRICOTS

3 cans apricots (2½'s size). 1½ pks. gelatine.
Juice of 3 lemons. 1½ cups boiling water.
1½ cups sugar.

Rub part of apricots through sieve; add juice, sugar and boiling water and bring to boiling point. Soak gelatine in cold water 10 minutes, then add it and lemon juice to apricots, stir well. Pour over rest of apricots into wet dish and keep in cool place till set.

MEAT BALLS AND CREOLE SAUCE

Shape meat into flat cakes, par broil and cover with Spanish sauce.

4 cans tomato soup.	4 tablespoons flour.
2 small onions chopped fine.	1 tablespoon butter.
Green pepper or gherkins (chopped).	1 tablespoon sugar—season to taste.

Heat soup, fry onions and peppers in butter till soft. Add other ingredients and hot soup. Stir till thick.

CREAMED DEVILLED EGGS

Eggs as required—boil hard. Cut in half lengthwise. Remove yolks and chop, not too fine, and stir into hot white sauce. Add canned green peas and salad dressing to taste. Serve whites on toast or toasted crackers and pour mixture over them.

RASPBERRY CHARLOTTE

Four cans raspberries. Bread, butter and sugar. Cook raspberries with sugar for 10 minutes. Slice bread very thin and butter it. Arrange slices in buttered dish, pouring hot berries over them. Press down and put in a cool place. Serve with milk. Any fruit or stale cake may be used instead of bread.

Note—These menus are suggested for a camp of 20 to 25 and can be modified in proportion and according to conditions for cooking. It is important that plenty of milk, fruit and vegetables be supplied. Canned fruits and vegetables can be freely used as all nutritive values are secured, and all fruits and vegetables are canned in British Columbia.

CAMP EXPEDIENTS

CAKE WITHOUT AN OVEN

Line 2 pie plates with greased paper. Pour a light cake mixture into one plate to fill half the depth of the plate. Put the other plate on the top and put on a hot part of the stove or trench fire. Turn upside down when you judge it is a golden brown on the bottom, and cook the other side.

—Mrs. G. Peel, Burnaby, B. C.

STEW

When the meat supply fails, put any and all kinds of vegetables into a big saucepan of warm water, and cook until soft.

Add tomato catsup, chopped bacon ends, salt and pepper.

Light dumplings made as follows: Shortening (bacon or beef dripping) rubbed into the flour, to which has been added a heaped teaspoonful of baking powder, a shaking of poultry dressing if available. Mix with milk, with 1 egg beaten into it, and roll into small balls, drop these into the stew and boil fast for about 20 minutes.—Mrs. G. Peel, Burnaby, B. C.

HOMEMADE UTENSILS

A Grater

Punch a lot of holes in the bottom of a small can, or the sides of a round can. The lid of a round can—also punched—can be stuck into a split stick, hammer a small nail or tack through the stick and tin, and you have an egg slicer.—Mrs. G. Peel, Burnaby.



MY RECIPES



The Evening Meal

By Grace Noll Crowell

The preparation of an evening meal
By any woman, anywhere, may be
A ceremony, beautiful to see.

Recalling clear, sweet evenings long ago
At Emmaus, or Bethany, when One
Beloved guest had come at set of sun.

And Oh, that other quiet evening meal
Within an upper room—the grace He said
Above the scarlet wine, the broken bread!

An evening meal is such a gracious thing,
It matters not how plain may be the fare
So long as love and loyalty are there.

The supper hour—a magnet drawing home
The ones who have the need of food and rest!
All women know this hour of day is best.

I wish to extend my grateful thanks to our many friends and fellow Guiders throughout this Province, for their tested recipes, and helpful suggestions, and also to Mrs. Harold Dickinson who helped me gather and arrange the copy.

EDITH CHESMAN,
Convenor.